



# THE PORTUGAL News

Portugal's **National** Newspaper in English

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## Portugal fails to adopt torture laws

Human rights group Amnesty International condemned Portugal last Tuesday for failing to adopt European Union laws banning the trade in equipment used for torture and capital punishment. (See P.5)

## Biggest protest in 20 years

Portuguese state and private sector workers have marched through the streets of central Lisbon to protest government plans for welfare and other social and economic reforms, with organisers claiming between 120,000 and 150,000 participated. (See P. 3)

## Concern over teacher violence

Figures show that Portuguese teachers are twice as likely to be the victim of physical assault as opposed to their British counterparts. (See P. 2)

## Most Portuguese are happy

Portuguese citizens feel happy on the whole with their lives, but find their work too stressful. (See P. 4)

## Old Portimão bridge to close

inaugurated in 1876, the iron bridge that crosses the Arade river into the heart of Portimão from Ferragudo/Parchal looks set to be closed for six months, after the confirmation that a series of necessary repairs will be conducted. (See P. 13)

## Poorly performing civil servants axed

The widespread perception that a career in the civil service is a job for life, is to change following revolutionary ideas that have been put forward by the government. (See P.3)

## Weekend weather

**Lisbon:** Saturday: Sunny, high of 20° Sunday: Sunny, High of 21° **Faro:** Saturday: Sunny, high of 21° Sunday: Sunny, High of 21° **Oporto:** Saturday: Partly Cloudy, High of 17° Sunday: Cloudy, High of 18°.

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See p. 33

**sudoku**

Government set to enact anti-smoking laws in public places within next twelve months

# BAN ON SMOKING IN BARS

After two botched attempts at outlawing smoking in public spaces, the government has pledged that within the next 12 months, smoking will be banned in bars, night clubs, restaurants and coffee bars. The restaurant industry has already reacted angrily to this law decree proposal, but an increasingly health conscious society and dropping numbers of smokers seem to be adequate arguments for the government to outlaw smoking in public spaces. **Smoking, see p. 61**

“Enjoy it or be scared”



Chelsea manager José Mourinho smiles during his team's training session on the Stamford Bridge pitch in London on Monday 05 March 2007, ahead of their Champions League first knock-out round, second leg soccer match against Portuguese side FC Porto. (Photo: EPA/Daniel Hambury) Story, see p. 64



# Law change urged to protect teachers against growing school violence



Figures recently revealed by the BBC exposing the number of cases of physical violence against teachers in the UK have shown that British statistics are significantly lower than those registered in Portugal. At least two complaints are lodged each day by Portuguese teachers saying they had been the victims of violence, by pupils or their families.

Whilst in England 221 accounts of aggression were registered during the 2005/2006 school year, in Portugal 390 acts of violence against teachers were reported throughout the 180-day Portuguese school year. This translates

as two incidents per day, on average, something the National Federation for Education Syndicates (FNE) considers 'unacceptable'.

In the UK an estimated 420,000 teachers are currently

employed. Here in Portugal that figure dramatically diminishes to 150,000 teachers.

This has spurred the FNE to approach the government with a proposal to change the current law, petitioning for such cases of violence to be classified as 'public crimes'.

According to the FNE, altering this law could avoid reprisals on teachers for lodging an official complaint, allowing third parties to place complaints and not necessarily the victim.

Speaking during the '2007 Reading Week', which was officially inaugurated at the Vasco da Gama School and Kindergarten in Lisbon's Park of Nations, Minister for Education Maria de Lurdes Rodrigues defended the need for more authority for teachers, schools and their executive boards.

Minister Rodrigues further stressed the need for "a more flexible legal system with less bureaucracy", as well as attributing more responsibility to parents.

"We have a legal system that needs to be altered as it bureaucratizes and rigidly sets elements of pedagogical relationships that need to be flexible", she said.

Where concerning actual cases of school violence, Minister Rodrigues affirmed more rigour is needed in analysing situations to provide a more efficient intervention and response.

"It is necessary to distinguish acts of violence from sporadic incidents, as well as differentiating acts of violence from cases of indiscipline," the Minister continued. "We can't say that Portugal is experiencing a general phase of violence in schools. Quite the contrary, schools are, given their dimensions and their occupants, places of safety".

Due to the rising number of cases of assaults against teachers in Portugal, a confidential helpline was established last year to provide assistance and advice regarding such incidents.

SOS Professor was created by the National Teacher's Association, promoted in cooperation with the Oporto Lusófona University and Liberty Insurance. Figures reveal that one in four of the helpline's users were victims of physical aggression on school premises.

Active everyday from 11h00 to 12h30 and 18h30 to 20h00, SOS Professor registered 128 phone calls over the past five months.

As it stands, the present law carries a sentence for teacher violence that may vary between two years and eight months, to 13 years and three months imprisonment.

Despite this law being active, the teachers' union deny any knowledge of a sentence ever being passed where a teacher had been assaulted.

# Jeb Bush teaches Portugal a lesson

Former Governor of Florida Jeb Bush, and brother of current US President George W. Bush, was in Lisbon earlier this week to participate in a conference concerning the Portuguese educational system.

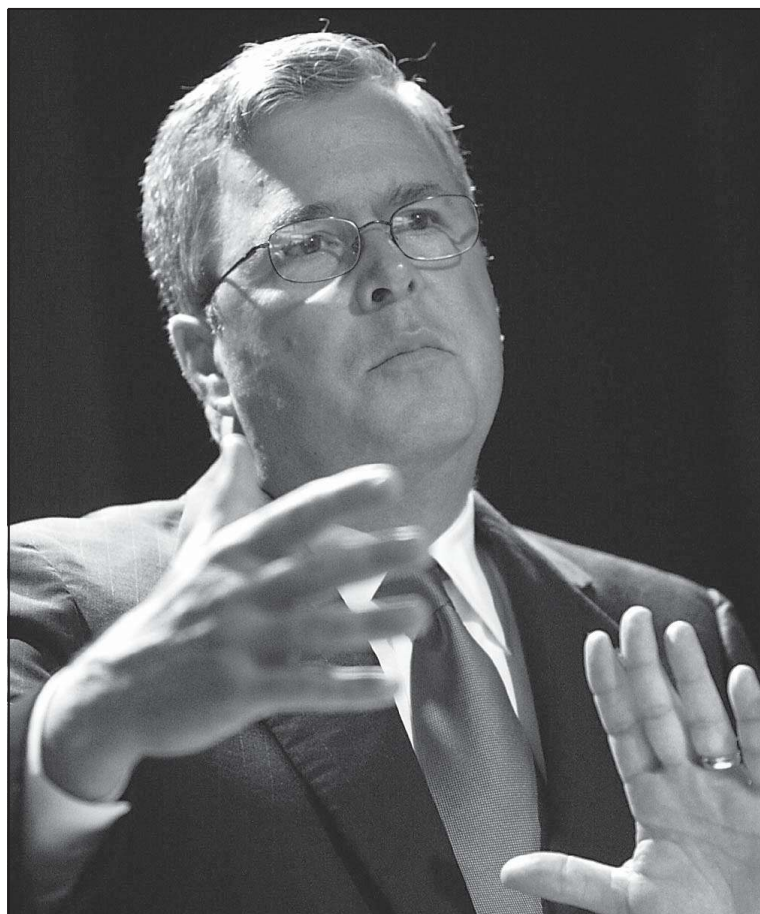
Known in his homeland as the 'Governor of Education' for drastically re-shaping Florida's schooling structure, his input in regards to the Portuguese system was based on his ten years' experience as Governor of the State.

According to the ex-governor, a culture of high expectations,

evaluation and competitiveness, assessed on the rankings of student's results, is the key to educational success.

"Greater competition is needed to raise levels of quality and more evaluation is needed to measure efficiency and results, in order to compensate success and invert failure" he said.

Speaking at the conference, held in the Calouste Gulbenkian Foundation, Lisbon, Jeb Bush further stated, "Only constant changing can produce results. As long as there is an education system, there must be a re-shaping of its structure. I believe this is a universal fact that should steer education in the future".



Florida ex-governor Jeb Bush speaks during the conference "Education and Innovation, from the point of view of both sides of the Atlantic" last Friday at the Calouste Gulbenkian Foundation in Lisbon (Photo: Lusa / André Kusters)

# Bullying affects half of Portugal's students

After carrying out numerous studies and surveys, official figures regarding bullying in Portuguese schools were this week presented to the Republican Assembly which revealed that over 50 percent of Portugal's students are being subjected to such victimisation.

Dr Sónia Seixas, psychologist graduate and author of various pieces of literature on the subject, presented the results during a parliamentary hearing held for the

Committee for Education, Science and Culture (CECC), who are presently elaborating an overall report on 'Safety in Schools'.

According to Dr Seixas, generally, "the number of victims is higher to the number of aggressors", given that one bully can inflict hostility on various targets.

International studies have allowed behavioural patterns in bullying to be documented, and which are verified in Portugal.

Complying with these pat-

terns, in Portugal, the eighth year of schooling is also the most problematic, the average age of victims/bullies being 13.

Places including corridors, changing rooms and playgrounds are key locations in which incidents occur, far away from adult supervision.

Another problem presents itself in the fact that bullying is a 'secret violence', meaning very few victims report attacks, given the degree of intimidation.

## THE PORTUGAL News

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Publisher: Paul Luckman publisher@the-news.net

Editor: Brendan de Beer newsdesk@the-news.net

Production Director: Madeline Luckman copy@the-news.net

Algarve News: Carrie-Marie Bratley

Events: Raquel Salbany

Preview: Nikki Hall

Travel: Sherry Hughes

Columnists: John Measures, Madge Measures,

Patricia Westheimer

Correspondents: Gwynne Dyer

Photos: LUSA, Press Association

Accounts: Gaby Rodrigues

Classifieds: Beverley Gonçalves

Subscriptions: Cristina de Beer

Sales Manager: Bella Talhadas 914 393 736

Area Managers:

Bella Talhadas 914 393 736

(Lisbon, Estoril, Cascais, Sintra)

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# Gov't the target of biggest protest march in 20 years

**P**ortuguese state and private sector workers marched through the streets of central Lisbon last Friday to protest against government plans for welfare and other social and economic reforms, with organisers claiming between 120,000 and 150,000 demonstrators. Police put the figure at around 100,000.

The General Confederation of Portuguese Workers (CGTP) called the latest and biggest protest against the economic and social reforms of Lisbon's centre-left Socialist government, aimed to streamline Portugal's bloated state sector, reduce its budget gap to within the eurozone ceiling and boost the country's flagging competitiveness.

Friday's anti-government protest was the third mass action by state workers organised by the CGTP in less than five months, following marches in Lisbon last October and November that also brought tens of thousands of marchers onto the streets of Lisbon.

Civil servants marched from the capital's downtown, passing the National Assembly to their final destination, the official residence of Prime Minister José



Thousands of demonstrators gather in the Avenida da Liberdade in the centre of Lisbon last Friday in a national demonstration organized by CGTP-IN Union against unemployment and low salaries. (Photo: Lusa / Mário Cruz)

Sócrates. The swarm of state workers was joined en route by another group of protesters from Portugal's private sector.

CGTP Secretary-General Manuel Carvalho da Silva addressed the demonstrators in front of the prime minister's official residence in the São Bento district of the capital, urging the government to reverse its social and economic reform measures, take action to reduce unemployment and increase salaries and pensions.

The CGTP chief also announced that a "major demonstration" would take place in October to coincide with the European Union's leaders' summit during Portugal's upcoming presidency of the 27-nation bloc.

As part of its social and economic reform measures, Portugal's Socialist government has frozen civil service promotion, hiked taxes and pegged state pay rises to below the inflation rate to cut spending.

Career promotions and health and retirement benefits have also been halted and reduced by the reforms, which were part of wide-ranging restructuring and modernisation of the economy pledged by the Socialist Party ahead of its landslide election victory two years ago. TPN/Lusa

## Prisoner in solitary for 485 days and counting



A prisoner being held at the Paços de Ferreira correctional facility in northern Portugal has been held in solitary confinement for 485 days.

According to Portuguese legislation, and under special circumstances, inmates can be held in solitary for periods no more than 30 days, after which such a method of detention is considered illegal. The inmate, Fernando Rodrigues, is held 23 hours in isolation, before being allowed to "stretch his legs" in the sole com-

pany of prison guards.

Correctional Services have since explained that each jail "has its own internal disciplinary regulations".

Fernando Rodrigues is yet to be proven guilty of charges including attempted murder and rape, and is being held in preventative custody until judgement is passed in

his case. He was arrested after allegedly shooting and seriously injuring his live-in partner as she was carrying their baby in Viseu in March 2005.

He escaped from police custody three months after his arrest, but was arrested days later in France and has remained in jail awaiting the conclusion to his trial.

## Underperforming civil servants to get the axe

The widespread perception in Portugal that a career in the civil service is a job for life, is to change following revolutionary ideas that were put forward by the Finance Minister.

The new regulations effectively translate into, "Two strikes and you're out".

Finance Minister Teixeira dos

Santos, while refusing to confirm that poorly performing civil servants will be sacked on presentation of a second warning, has similarly refused to deny this reality.

What has been confirmed is that the government is looking to streamline the bloated and in some instances, under-qualified

civil service.

With the two-warning system, the government hopes not only to cut down the number of civil servants, but also to boost productivity.

The reform, which also foresees the freezing of automatic annual promotions, is expected to come into force sometime in 2008.

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# Portuguese feel unsafe in public venues



The Minister of Internal Affairs, António Costa, makes a speech during the presentation of the basic options for the reorganization of the GNR and PSP in Lisbon last Friday. (Photo: Lusa/ António Costa)



A study published this week has found that the majority of Portuguese feel insecure when they are at nightclubs, bars, commuting or at a car park. Portuguese also say that they are willing to lose their privacy in order to combat this sense of insecurity.

The study, conducted for ADT by Premi Valor, found that more than half (58 percent) of Portuguese questioned felt the country had become more unsafe during the course of 2006. Respondents were interviewed in

Oporto, Lisbon and Faro, where it was found that Portuguese do feel safe at hospitals, health centres, libraries and at work.

Researchers say the increase in unemployment, immigration and an increasingly metropolitan

society has resulted in Portuguese feeling more unsafe.

Four out of five people also supported increased usage of CCTV, saying that as opposed to being an invasion of privacy, these cameras made them feel more secure.

## Most Portuguese happy with their lives



Portuguese citizens feel happy on the whole with their lives but find their work too stressful, according to a new study published Monday.

The Eurobarometer study was published to coincide with the launch of a EU-wide debate on social well-being throughout the 27 member states.

Eighty five per cent of Portuguese who were interviewed in the study were found to be generally happy with life but had concerns over their country's social and welfare systems.

Portuguese women were found to be "over-represented" in the low-skilled service sector and gender, pay-gap and career progression issues are continuing to hold back female workers.

The most contented citizens in the EU were found to be Danes, 97 per cent of whom declared themselves as "happy". The Dutch, Belgians, Irish and Swedes, followed by respondents from Luxembourg and Finland, were not far behind in the happy stakes.

The British, 92 per cent, were found to be happier than the French (90 per cent) and the Germans (82 per cent).

The happiness indicator achieves a momentum of its own, one of the study's authors, Frederic Lerais, told reporters in Brussels.

"If you realise that nine and a half out of every 10 citizens around you are happy then it makes you happy yourself," he said.

New EU members Romania and Bulgaria with 60 per cent and 39 per cent respectively of those questioned saying they are happy are shown as the most unhappy Europeans, although the study was carried out in November and December before they joined the bloc.

If the initial study is anything to go by, Europeans are happier, wealthier and living longer than their predecessors. Women are becoming more independent and

the divorce rate across the continent has virtually doubled in the space of one generation.

"Life satisfaction and happiness is higher in Europe than in any other part of the world," said Lerais.

"Life expectancy has increased and could increase a lot further, as could the possibilities of leading healthier as well as longer lives," he added.

An average of 86 per cent of people across the 25 EU nations last year declared themselves relatively satisfied with their personal life and everyday environment, 83 per cent with their standard of living, 77 per cent with medical services and 71 per cent with schools in their local area.

However, in the study an average of 61 per cent of EU citizens questioned agreed that their work was "too demanding and stressful" - the figure for Portugal was 65 per cent.

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## EU close to deal with US over passenger data



The European Union said last week that it is close to reaching agreement with Washington on reducing the amount of personal data that EU citizens flying to the United States have to hand over to the US Department of Homeland Security.

Brussels said it was also keen to end the practice under which US authorities can freely access information on airline computers.

Currently, 34 pieces of data, including credit card and passport details, e-mail addresses and travel itinerary, can be downloaded by the US authorities and shared with certain law enforcement agencies.

"We will be looking to reduce the number of data items, but it's too early to say yet by how many," said Jonathan Faull, director general of the EU Commission's justice department.

He said that already airlines often collect fewer passenger details than the 34 required, and

the EU Justice Commissioner Franco Frattini pointed out that in his opinion only 19 pieces of data should be handed over.

"There is no doubt that our starting point will be that we want to make sure that the number is the strict minimum necessary for the US to carry out its legitimate law enforcement work," Faull said.

A key part of the talks, according to Faull, will be to ensure that the passenger data is "pushed" to US customs when they make a request for it. At present, they can log onto airline computers and download dozens of pieces of information at will - in many cases far more than the 34 items allowed.

"There is no doubt that we want to see a comprehensive move to the push system," Faull said, adding that the US authorities, who in the past have admitted wanting to obtain even more information, do not appear to be adverse to the EU's proposal.

"My expectation is that it will happen but the move could be expensive and airlines probably would have to bear the costs," Faull concluded.

The problem surrounding the data transfers has its roots in intelligence failures that contributed to the success of the September 11<sup>th</sup>, 2001 suicide plane hijackings which led to the destruction of the World Trade Centre in New York.



# PM comes out in support of immigration



Held to debate the current state of European immigration, a conference at the headquarters of the Calouste Gulbenkian Foundation, entitled 'Immigration: Opportunity or threat', included the participation of Portuguese Prime Minister José Sócrates as well as former president of Mozambique, Joaquim Chissano.

Two of the debate's main points were underlined by the heads of state, with Prime Minister Sócrates defending the integration of immigrants in society as "necessary for European development", whilst ex-president Chissano pointed out the risks associated with illegal immigration.

During his speech, Sócrates also highlighted "the importance of immigrants to the economic sustainability of Europe", which he described as "ageing".

"Immigration, when regulated, is always synonymous with growth. Europe is presently experiencing demographic decline and the role of immigrants is fundamental to invert the loss of an active population", he said.

When affirming Portugal's stance as a country in regards to the issue, the Prime Minister ex-

plained "Portugal has an open and positive view of immigration, seeing it more as an opportunity than a risk". He concluded, "we cannot agree with the idea of Europe being a closed fortress".

Former president of Mozambique, Joaquim Chissano, adopted a different approach by elaborating on another aspect of immigration, that of human trafficking.

"Immigration is not only an illegal phenomenon. Many youths try to do everything legally, but incentives presented by traffickers become more appealing".

According to Chissano, there is a need to combat the problem when taking into consideration "around two million people, particularly women and children", who are presently victims of human trafficking.



Prime Minister José Sócrates speaks during the opening of the international conference on immigration which took place on Tuesday at the Calouste Gulbenkian Foundation in Lisbon. (Photo: Lusa / André Kusters)

## Portugal fails to adopt EU torture laws

Human rights group Amnesty International condemned Portugal last Tuesday for failing to adopt European Union laws banning the trade in equipment used for torture and capital punishment.

Speaking from her London office, Nicola East, Press Officer for Amnesty International, told **The Portugal News** that it was unclear why Lisbon had failed to implement the laws but that failure to do so reflected badly on the country's leaders.

She said: "There is no regulation in Portugal that would penalise breaches of European Union regulations by companies or individuals" in respect of trading in instruments designed for use in torture or capital punishment.

Amnesty International has also criticised the EU laws for not going far enough in combatting instruments of torture and containing "flaws" that make it difficult to restrict the sale of such products.

A report published last week by Amnesty International cited the example of the trade in "sting sticks" - batons with 7.6 centimetre spikes - and "hanging ropes", which are a specially-designed piece of equipment used for executions in India, Sri Lanka and Trinidad and Tobago, both of which are absent from the EU's banned list.

The new regulations that came into effect in July 2006 "are too weak to prevent the

trade in equipment used for torture and executions," the report states, adding: "Urgent steps are required to prevent loopholes in the laws from being exploited".

Brian Wood, Amnesty's research manager on the arms and security trade, said that "unless the flaws in the new regulations are addressed, the torture trade is set to continue". He pointed out that it is "crucial for EU member states to now provide a clear timetable for a review of the flaws in the regulations and to strengthen and fully implement revised restrictions".

The Amnesty report noted that under the current EU regulations, European companies are still able to broker deals for equipment that could easily be used for torture outside the 27-nation community.

He added, however, that Amnesty is pleased that the European Union has become the first organisation in the world to adopt regulations to limit the trade of instruments of torture.

12 EU member states - Austria, Britain, Denmark, Ireland, Italy, Greece, Lithuania, Luxembourg, Malta, Poland, Slovenia and Sweden - have so far transposed the new EU regulations into their national laws. Thirteen other EU member countries have expressed their intention to follow suit, leaving Portugal, Cyprus and Hungary on the sidelines.

## US identifies human rights abuses in Portugal



According to a country report compiled on Portugal by the US State Department, the Lisbon government generally respects the human rights of its citizens.

However, there were problems in some key areas, explained the US State Department in a lengthy profile on Portugal.

Police and prison guards occasionally beat and abused detainees and prison conditions remained poor. Lengthy pre-trial and preventive detention remained a problem as did trafficking in foreign labourers and women.

The report reveals that security forces shot and killed six persons during 2006 and that the six shootings were currently under investigation by the government.

Washington adds there were credible reports of disproportionate use of force by police and of mistreatment and other forms of abuse by prison guards against detainees.

The office headed by Condoleezza Rice also established that prison conditions remained poor, and guards continued to mistreat prisoners occasionally. Other problems included overcrowding, inadequate facilities, poor health conditions, and violence among inmates.

Most of the guidelines and legislative proposals the government adopted in 2004 to reform the prison system had not been put in practice. However, some improvements were made during the year, including a decrease in prison overcrowding and an increase in personnel training.

According to the Director General for Prisons, approximately 35 percent of the prison population was infected with HIV/AIDS and/or hepatitis B or C.

There were no reports of corruption in the executive or legis-

lative branches of government during the year, but there were media reports of corruption involving local government officials.

Violence against women, including domestic violence, continued to be a problem, says the US State Department and while there was no clear evidence that violence against women increased, more cases of violence were reported.

Of the nearly 7,070 cases of violence reported during the first six months of the year to the Association for Victim Support (APAV), more than 86 percent involved domestic violence.

According to a women's rights NGO, the Union of Women Alternative and Response, 39 women were killed by their husbands or partners in the 12-month period that ended last November.

Child abuse was another problem area highlighted by American researchers. The non-profit APAV reported 97 cases of crimes against children under 18 years old during the first six months of the year. Approximately 85 percent of the cases involved domestic violence.

Human trafficking in foreign labourers and women seemed to be on the drop, though it remained a problem, researchers indicated.

The country is primarily a destination and transit point for women, men, and children trafficked from Brazil, Eastern Europe, and, to a lesser extent, Africa. Some victims were trafficked to the country for forced labour. The majority of victims from Brazil were trafficked for the

purpose of sexual exploitation. Approximately 5,000 women, mostly Brazilians, were trafficked to the country annually.

Moldovan, Russian, and Ukrainian organised crime groups reportedly conducted most of the trafficking of Eastern Europeans.

The traffickers frequently demanded additional payments and a share of earnings following their victims' arrival in the country, usually under threat of physical harm. They often withheld the identification documents of the trafficked persons and threatened

to harm family members who remained in the country of origin.

The government increased its anti-trafficking efforts during the year and reported that it actively dismantled trafficking networks in 2005, reducing their overall presence in the country.

The government continued to cooperate with other European law enforcement agencies in trafficking investigations.

In November 2005 it signed an agreement with Spanish police to strengthen border control, which included a joint police team to address trafficking and smuggling.

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# Barroso says new EU agency will protect citizens from anti-terror measures



EU Commission President José Manuel Barroso (C), Austrian Chancellor Alfred Gusenbauer (L) and Austrian Foreign Minister Ursula Plassnik (R) are pictured during the opening of the European Union Fundamental Rights Agency at the NOE palace in Vienna last Thursday. (Photo: EPA / Herbert Pfarrhofer)

European Commission President Durão Barroso last week inaugurated the new European Union Fundamental Rights Agency (FRA) in Vienna designed to protect citizens from the over-zealous application by member states of anti-terrorist legislation.

The agency will replace and

extend the scope of the current Monitoring Centre on Racism and Xenophobia (EUMC), which was founded in 1998.

Barroso said the principal objective of the FRA would be to collect and analyse data on member states to ensure that existing and future EU legislation on anti-terrorist activities is being ap-

plied correctly and not at the expense of citizens' human rights.

Mr. Barroso was joined at the opening ceremony by EU Justice Commissioner Franco Frattini who told journalists that "a Europe that only monitored only the most serious diseases of racism and xenophobia, the two shames that made the EUMC

necessary, would, in today's world, be doing only half the work needed to promote and protect fundamental rights".

Frattini said he had hoped that the FRA would be given powers to become directly involved in EU member states where the application of anti-terror laws was seen to be contravening human rights legislation.

During the three years of negotiations by the 25 member states devoted to setting up the FRA, both Germany and Britain had strongly opposed giving the agency any powers to allow it to intervene in matters of judicial and police cooperation between member states.

As a result, the agency's 100 staff will have limited powers and lack the authority to file suits against member states where citizens' human rights have been infringed by anti-terror laws.

Barroso said he regretted Britain and Germany's opposition but hoped that at some stage in the future both countries would relent and agree to allow the agency greater powers to become directly involved where EU member states were seen to be over-zealous in applying anti-terrorist measures.

Portugal's former prime minister went to great lengths to explain to journalists that the role of the new agency was not solely directed at the application of anti-terror legislation.

He pointed out that the FRA's "expertise" will also be used in implementing EU policies on the "common market and transport" for example, where there are questions concerning discrimination and racism.

Human rights organisations have heavily criticised the EU for failing to demand more accountability on the part of member states with reference to anti-terror activities, such as in the case of secret CIA flights to Europe.

## EU SNIPPETS

### Ireland Going Multi-Faith

Prime Minister Bertie Ahern led Ireland's first institutionalised dialogue with the country's churches, philosophical bodies and non-confessional organisations at a meeting in Dublin last week. The Roman Catholic church's "special position" enshrined in the 1937 constitution, was abolished after a 1972 plebiscite. Ireland, which has hundreds of thousands of recently-arrived immigrants, is now home to a diverse range of faiths. Ahern told the meeting that he wanted to start an "open dialogue" with all denominations and was against creating "a special or privileged relationship" with any denomination or creed. "This multicultural reality requires a new and sympathetic response from the civil authorities, while continuing to respect the position of the largest and more established denominations and faith communities," he said. Last week's meeting will be followed by a series of bilateral dialogues over the coming months.

### EU Launches Cutting-Edge Science Research Agency

The EU launched an agency Tuesday to fund a "champions league" of scientists able to tackle problems ranging from epidemics to global warming by applying "cutting edge technology". The new European Research Council (ERC) has been awarded a budget of 7.5 billion euros for the period 2007 to 2013 to fund pioneering work on social, economic and environmental challenges. European scientists and researchers based in Europe will be eligible for grants assigned by a blue-ribbon panel of 22 experts based in Brussels. It is estimated that Europe lacks 700,000 researchers, particularly on energy and climate studies. A European Commission study launched last week shows that the EU is narrowing its innovation gap with the United States and Japan despite the failure of most member states to invest an agreed three per cent of their gross domestic product in research and development projects.

### UKIP Suspends MEP

The right-wing UK Independence Party (UKIP) said Tuesday it had suspended one of its 10 European MPs amid allegations of financial irregularities being investigated by the EU's anti-fraud watchdog. "The decision has been made today to suspend Tom Wise from the UK Independence Party group in the European Parliament for failure to provide information regarding alleged financial irregularities that are now under investigation by the European Anti Fraud Office," the party said in a statement. Last year a British newspaper reported that Wise was claiming thousands of euros a month in wages for a researcher, but paying her only a fraction of the sum. He subsequently refunded the difference and admitted breaching the rules. The decision to suspend Wise "should in no way be interpreted as prejudicial to the outcome" of the fraud office enquiry, the UKIP statement said.

### Spain Eases Law for Transsexuals

Spain last week passed a law allowing transsexuals who have not had a sex change operation to alter their gender on birth certificates and other documents. Only a third of Spain's 8,000 transsexuals opt for surgery to realign their gender. Many transsexuals who appear to differ in appearance from that on their identification cards face ridicule, discrimination and unemployment, activists say. The governing Socialist government says the new law will give them back their dignity. Alec Cassanova, of the National Federation for Lesbians, Gays and Transsexuals, told BBC News: "Transsexuals who cannot go through surgery due to health reasons will finally be granted their human rights".

### EU Hands Over Multi Million Euro Package to Jordan

EU Commissioner for External Relations Benita Ferrero-Waldner last week presented Jordan with a multi million euro aid package to bolster a national reform drive. "Today we are offering a new and substantial aid package to accompany Jordan in the implementation of economic, social and political reforms," Ferrero-Waldner told reporters in Brussels. The 265 million euros are part of a four year European Neighbourhood Policy Action Plan. It will bolster political development, including press freedom, trade and investment development, employment, education, water and energy projects, as well as schemes linked to public finance management. On Monday, Ferrero-Waldner presented Egyptian President Hosni Mubarak with 558 million euros also aimed at reforming Cairo's reform process. A EU statement said Ferrero-Waldner's recent visit to Jordan, Palestine and Egypt was aimed at exploring ways of reviving the stalled Middle East peace process.

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# Portugal minister tells US-EU to get act together for world's sake



Portuguese Foreign Minister Luís Amado has called on the European Union and United States to resolve their internal crises and seek jointly a "new agenda" for global action.

A "new agenda" for the trans-Atlantic alliance, Minister Amado said, should be based on "the strengthening" of a shared values system and economic relations, the re-balancing of the collective security system and a revision of the conditions of co-operation.

Post 9/11 internal crises on both sides of the Atlantic, he said in a speech to the American Club of Lisbon, made dealing with international problems "even more complicated".

He urged Washington to "quickly make the needed internal adjustments" leading to the "re-encounter of an internal balance" that would be capable of "sustaining external action, extremely demanding in terms of

human and financial resources".

In turn, Amado said Europe must resolve its "internal political problem" to give the bloc the required "institutional leadership capacity" to respond to mounting international demands with "more responsibility".

Europe and the United States, he added, needed an "understanding" on trans-Atlantic priorities.

"Beyond the fight against terrorism", he said priority should be given to stabilizing the Middle East, starting with the Israeli-Palestinian conflict, to "more open and global" relations with the Islamic world, to "much more" commitment in resolving African conflicts, and to the fight against poverty. TPN/Lusa



The Minister for Foreign Affairs, Luís Amado and his Chilean counterpart Alejandro Foxley (left) during a press conference at the Palácio das Necessidades in Lisbon last Friday. (Photo: Lusa / André Koster)

## Cheaper air flights from Portugal to US on the horizon

European Union and United States negotiators made a breakthrough Monday in talks on freeing up the transatlantic aviation market, clearing the way for tougher competition and cheaper flights from Portugal to the US.

After three years of talks and recent disagreements, negotiators reached an "unprecedented" draft agreement that will create a vast "open aviation area", accord-

ing to EU Transport Commissioner Jacques Barrot.

"In economic terms, this unprecedented agreement represents a steep change. It could be

worth up to 12 billion euros in economic benefits and up to 80,000 new jobs. We have an opportunity to unlock major benefits on both sides of the Atlantic," he added.

The commissioner said the agreement would be rubber stamped by EU transport ministers at their March 22<sup>nd</sup> meeting in Berlin clearing the way for it to go into effect at the end of October.

The new "openskies" deal will replace the patchwork of existing bilateral air transport agreements between EU member states and the US, eight of which, including Portugal's agreement, the European Court of Justice has ruled as illegal.

The European Commission has not enforced the court's decision because it has a mandate to negotiate the EU-US deal.

Brussels estimates that the agreement will generate more than 26 million extra passengers over the next five years and create 80,000 new jobs in the EU and US combined.

"By eliminating the bilateral agreements and their restrictions on traffic rights, we can obtain a reduction in the cost of tickets for companies and private customers," the EU Commission said in a statement. Analysts are predicting that the price of a return ticket from Lisbon to New York could cost up to 15 per cent less than at present.

The agreement gives European airlines access to the currently heavily-protected market for internal US air routes. It also allows for foreign investors to take stakes of more than 50 per cent in US airlines although there is a 25 per cent cap on their voting rights.

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# President given OK to call early Madeira elections



The Council of State has given President Cavaco Silva the green light to dissolve Madeira's regional parliament and call early elections in the Portuguese archipelago.



Alberto João Jardim and Mário Soares during a meeting of the presidential consultative body called by President Cavaco Silva at Belém Palace last Friday. (Photo: Lusa / Inácio Rosa)

The secretary of the presidential consultative body, António Macedo Almeida, said the Council of State unanimously agreed on the dissolution of the Madeira legislature at a short meeting at Belém Palace.

Many analysts expected Cavaco Silva to set the regional elections, which the archipelago's strongman Alberto João Jardim was widely expected to win easily, for May 6.

Jardim, who has headed the Madeira regional government continuously since the first elections in 1978, resigned February

19 in protest over Lisbon's new, belt-tightening regional finance law.

According to a recent poll, Madeira's long-dominant Social Democratic Party (PSD) would strengthen its parliamentary majority if early elections were held now, re-enforcing the island's rebuff of the Socialist central government's austerity measure.

Last week's Eurosondagem poll showed Jardim's PSD taking more than 59 percent of ballots in early elections, nearly 5.5 percent better than in the last vote in 2004. *TPN/Lusa*

## Portugal EU presidency set to ratify EU Constitution



European Union State Secretary Alberto Navarro told reporters last week that a new version of the proposed EU's constitution would be ratified by all member states during Portugal's six-month rotating EU presidency, which kicks off on July 1<sup>st</sup>.

Navarro said that much of the spade work in getting all 27 EU-member states to sign up to the treaty will be carried out by Germany – present holders of the EU presidency – but Portugal will be left to “round things off” during the second half of the year.

Under their timetable, the Germans will present proposals for a revamped constitution, sticking as closely as possible to the original version.

“The goal is to retain as much of the treaty, which has already been ratified by the majority of member states, as possible,” Navarro said after addressing the EU Parliament in Brussels.

The original constitution was signed by all member states' governments but was put in the diplomatic deep freeze after French and Dutch voters rejected it in national referendums in 2005.

Berlin has said it will recommend that a June European summit of EU leaders should set up “an intergovernmental conference (ICG), which is required to reform the constitu-

tional treaty project”.

“The plan is to sign a new treaty at the end of the December summit when Portugal will hold the six-month rotating EU presidency and to give a reasonable period of 12 to 14 months for the ratification process so that the new treaty can come into effect by the next EU parliamentary election in June 2009,” Navarro said.

Before handing over the process to Portugal, “Germany's intention is to give a very clear mandate to the ICG pointing out precisely the points that could be modified,” he added.

The German plans are unlikely to be confirmed before May 7, the day after the second round of the French presidential election, said Navarro.

The presidential candidate of the French right, Nicolas Sarkozy, hopes to get the French parliament to ratify a “simplified treaty” while his leftist rival Segolene Royal wants to add new elements to the original constitution and put it to another national referendum.

## Chile uses Lisbon visit to call for EU political intervention in Latin America



Chile wants the European Union to become more politically active in Latin America, whose states should attempt to build societies based more on Europe's social models than existing indigenous patterns, Santiago's top diplomat said Friday after a meeting in Lisbon with his Portuguese counterpart.

Latin America's “great diversity” in political and social systems rests primarily on a split between those states that have been largely successful in introducing social reforms based on European models and those who have not, said Chilean Foreign Minister Alejandro Foxley.

“We want to learn from European experience, particularly in social cohesion and we would like to pass on these ideas to the rest of Latin America,” said Foxley, adding that the next Ibero-America leaders' summit, in Santiago, would run under the theme of “social cohesion”.

Speaking in turn, Portuguese Foreign Minister Luis Amado said Lisbon will use its presidency of the EU from July 1 to reinforce dialogue with Latin America, particularly Brazil.

As well as discussing various world and regional issues, the two ministers turned their attention to bilateral relations, with Foxley urging Portugal's business sector to invest in his coun-

try, the “most globalised” in Latin America at the centre of a regional trading hub extending to Asia and Oceania with a population of 2.5 billion potential

customers.

“We have an important presence of Spanish firms, but we also want to have Portuguese companies in the country”, said Foxley.

Lisbon's foreign minister noted that exports and investment from Portugal to Chile are currently growing “considerably”. *TPN/Lusa*

## PALOP states want more Portuguese/EU judicial support



The justice ministers of Africa's Lusophone countries have urged the European Union and Portugal to extend their joint programme of support for the five nations' judicial systems.

The appeal, made last Thursday after a meeting in the capital of Guinea-Bissau, received an immediate positive reply from the resident EU representative, Franco Nulli.

Nulli said Brussels was ready to prolong the four-year program, with a budget of 6 million euros, beyond 2008,

but said it was urgent that all five PALOP countries, as the group is known, set up judicial training centres as stipulated by the joint EU-Portugal aid programme.

Guinea-Bissau is one of the countries that has yet to do so.

The justice ministers underlined that the programme had so

far enabled them to train 450 judicial officers, reform legal codes, set up a Web site and purchase equipment.

Former Portuguese colonies, the PALOP include Angola, Cape Verde, Guinea-Bissau, Mozambique and São Tomé and Príncipe.

*TPN/Lusa*

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# Loose screws

The 9/11 conspiracy theory is back, in a much more virulent form, and normally sane people are being taken in by it: I am getting half a dozen earnest e-mails every day telling me I must see a film called "Loose Change." It has been around in various versions for almost two years, but it now seems to be gathering converts faster than ever.

Well, I have seen it, and I concede that it is a much slicker, more professional product than other 9/11 conspiracy films, and therefore more seductive. But the argument is pure paranoid fantasy, and it is rotting people's brains.

There have always been two versions of 9/11 conspiracy theory. The lesser version held that the Bush administration had advanced intelligence of al-Qaeda's plans, but chose to ignore the warning because the attacks suited its purposes. The greater version insisted that there was no al-Qaeda involvement, and that the attacks were carried out by the US government.

Until recently, the greater version was largely confined to the Arab world, where many people are in complete denial about any Arab involvement in the atrocity. Very few Americans took that version seriously, though many wondered whether the intelligence lapses had really been accidental.

Even the lesser conspiracy would have required the complicity of half a dozen very senior people who received the intelligence and decided to ignore it: the heads of the CIA and the FBI (George Tenet and Louis Freeh), the national security adviser (Condoleezza Rice), the secretaries of defence and state (Don Rumsfeld and Colin Powell), plus of course Vice-President Cheney and perhaps President Bush. It would also have required the permanent silence (or silencing) of a dozen lower-level intelligence analysts who knew that the senior people had seen the information.

I don't believe that happened because I don't think that Tenet, Rice, Powell et al. would have deliberately plotted the deaths of thousands of Americans. I don't believe even Dick Cheney would have done that. And I note that there has been no inexplicable wave of sudden deaths among junior intelligence analysts in Washington.

I do believe, however, that 9/11 served the purposes of the neo-conservatives and their allies in the Bush administration. They were already planning to attack Iraq, as part of a larger plan, dating back to the late 1990s and the

Project for a New American Century, to re-launch Pax America and re-establish American hegemony in the 21st-century world. I agree that they were adroit in seizing on 9/11 as a way of enlisting popular support for their project. But that's all.

I cannot absolutely refute the lesser conspiracy theory, but I find it extremely implausible. The greater conspiracy theory, on the other hand, is just plain loony — and yet more and more people are falling for it in the West, where it was once the exclusive domain of people with counter-rotating eyeballs and poor personal hygiene. You cannot overstate the impact of a well-made film.

"Loose Change" confidently asserts that the twin towers were brought down by carefully placed demolition charges, not by the fires ignited by the planes that hit them; that the Pentagon was struck by a cruise missile and not by a plane at all; and that the fourth "hijacked" plane, Flight 93, did not crash in a field in Pennsylvania but landed at Cleveland airport, where the passengers were taken into a NASA building and never seen again.

What about all the calls that the passengers on Flight 93 made on their phones? Their voices were cloned by the Los Alamos laboratories and the calls to their relatives were faked. The FBI was in on it, the CIA was in on it, the US Air Force was in on it (except, of course, those USAF personnel who were killed at the Pentagon), and North American Aerospace Defence Command was in on it (but they kept the Canadians in NORAD out of the loop.)

The security companies guarding the World Trade Centre were in on it, Mayor Rudy Giuliani was in on it, the Federal Aviation Ad-

ministration was in on it, NASA was in on it, and the Pentagon was in on it. At least ten thousand people were in on it. They had to be, or it couldn't have worked. And more than five years later, not one of them has talked.

Nobody has got drunk and spilled their guts. Nobody has told their spouse, who then blabbed. Not one of these ten thousand accomplices to mass murder has yielded to the temptation for instant fame and great wealth if only they blow the whistle on the greatest conspiracy in history. Even the Mafia code of silence is nothing compared to this.

In normal times you wouldn't waste breath arguing with people who fall for this kind of rubbish, but the makers of "Loose Change" claim that their film has already been seen by over 100 million people, and looking at my e-mail in-tray I believe them. It is a real problem, because by linking their fantasies about 9/11 to the Bush administration's deliberate deception of the American people in order to gain support for the invasion of Iraq, they bring discredit on the truth and the nonsense alike.

You almost wonder if they are secretly working for the Bush administration.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.



Gwynne Dyer.



If the 9/11 conspiracy theory were true, it would have required the complicity of half a dozen very senior people who received the intelligence and decided to ignore it: the heads of the CIA and the FBI (George Tenet and Louis Freeh), the national security adviser (Condoleezza Rice), the secretaries of defence and state (Don Rumsfeld and Colin Powell), plus of course Vice-President Cheney and perhaps US President George W. Bush. President Bush is seen here speaking to the US Hispanic Chamber of Commerce on Western Hemisphere Policy in Washington, DC on Monday 05 March. (PHOTO: LUSA/EPA/Shawn Thew)

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The Piaggio MP3 is being promoted in Portugal and is seen here during a presentation last Tuesday in Lisbon. From the people who brought us the Vespa scooter in 1946, Piaggio has come up with another revolutionary product, a totally innovative three-wheeler with two front wheels. Piaggio claim it provides safety, road grip and stability levels that no two-wheeler can match. Power, performance and ease of use make for a very entertaining ride. (Photo: Lusa / Paulo Carrico)

## IRS 2006: Procedures

### nº 1 - Fiscal Residency

by Dennis Swing Greene

The vast majority of Foreign Residents share a common trait: most, if not all, of their livelihood comes from outside of Portugal. Great confusion and disinformation abound regarding such Income from Abroad. Before analysing the different requirements surrounding Individual Income Tax ("IRS") in Portugal, it is useful to dispel some of the myths and establish a few of the basics regarding Portuguese taxation and the obligations of the Foreign Resident. So the first question to consider is: *Who is required to make an income tax declaration in Portugal?*

#### Questions & Answers:

##### **When is a foreigner considered resident for tax purposes?**

It is important to distinguish between a Residency Permit ("Residência") and Fiscal Residency. The former has new legislation as of August 2006. The latter is circumstantial in nature. Individuals are deemed to be resident for tax purposes when they meet any of the following criteria:

An individual is deemed to be tax resident if he is 1) physically present in Portugal for more than 183 days in a calendar year; or 2) physically in Portugal for less than 183 days but has established a permanent place of residence at the year end. If one owns a dwelling in Portugal that the tax authorities might reasonably assume to be his or her usual residence, one can be considered resident for that tax year. If the head of a family is resident in Portugal for tax purposes, other family members are also considered to be resident there, even if actually living abroad.

However, if the foreign country has a tax treaty with Portugal, the treaty contains rules to decide in which of the two countries an individual is resident. Needless to say, if you do have a "Residência", you are deemed to be resident whether physically present or not in

**In this series of articles, we examine required procedures when declaring Individual Income Tax "IRS" in Portugal:**

- 1) Fiscal Residency
- 2) Submitting your "IRS" Declaration
- 3) Non-Residents
- 4) Exemptions from Filing
- 5) Marital Status

Portugal. In fact, the *Estrangeiros* office now insists that non-EU residents present IRS tax declarations for *Residência* renewals.

##### **Are non-residents required to declare income arising in Portugal such as rental income?**

Your first obligation is to settle up with the tax authority in the country where the income is generated. As such, non-residents are taxable on income arising in Portugal, usually at the flat rate of 25%. However, rental income benefits from a special reduced rate of 15%. Once declared and paid in Portugal, this tax should be eligible for a tax credit in your home jurisdiction, thus eliminating double taxation.

##### **What happens if I don't file a tax return and get caught?**

While the tax authorities used to turn a blind eye to foreign residents, the pendulum is now moving in the other direction. Rather than being invisible, expats have become prime targets. Legally tax resident in Portugal, many have never submitted a return, thus likely to be eligible to pay tax owed, back interest as well as hefty penalties. If you come forth voluntarily, you are dealt with accordingly. However, once on the "Black List" of tax-cheaters, it is difficult to shake that status. Look on the bright side: by being compliant, you can take an important step towards peace of mind.

##### **But I already pay tax in my home jurisdiction...**

Unfortunately, you don't get to choose where you pay your taxes. The Law does. Just because you may pay (incorrectly) back

home doesn't mean that you will win any favour with *Finanças*. Double Taxation Treaties clearly define taxpayer obligations. And Portugal now has over 40 tax treaties with all of the EU countries and many others around the world. Many others are in different stages of the process. In other words, Portugal is rapidly internationalizing its fiscal perspective.

##### **Will I pay more in tax in Portugal?**

It may come as a surprise that filing a correct tax return in Portugal can actually save you money. Submitting a tax declaration is not synonymous with paying tax. The Portuguese tax code has generous allowances and unexpected exclusions on certain forms of income, broad deductions for numerous types of expenses and liberal tax credits for many common expenditures. Many people find their tax burden in Portugal to be significantly lower than in their country of origin. We will try to show you how in the coming weeks.

##### **Next: Submitting your IRS tax declaration**

Dennis Swing Greene is an International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at our offices in *Guia (Albufeira)* and *Lisbon (Chiado)* or by phone or video conference. In the Algarve, call 289 561333. In Lisbon, call 21 342 4210. Mobile 969102813, bye-mail: info@eurofinesco.com, or www.eurofinesco.com

## Gov't confirms third Tagus crossing



Now referred to as the TTT (Terceira Travessia do Tejo – literally translated as the Tagus's third crossing) the new bridge will connect Chelas and Barreiro, which are on opposite banks of the river, bringing the two Lisbon boroughs within 25 minutes of each other.

Measuring ten kilometres in length, seven of which are suspended over the river, the TTT will feature two types of train: The traditional locomotive and a high-velocity train. According to State Secretary for Transport, Ana Paula

Vitorino, this makes possible "the introduction of a highly reliable and capacious collective suburban transport into Lisbon", and which will be "extraordinarily competitive in comparison to individual transportation".

Construction is scheduled to begin in 2010, with completion hoped for 2013. It will also allow for greater volumes of freight cargo to be transported between three of Portugal's main ports, Lisbon, Setúbal and Sines.

## EC moves to cut administrative burdens for SMEs

The European Commission has tabled a first set of pure reduction proposals to cut unnecessary administrative burdens for companies, primarily Small and Medium Sized Enterprises (SME's), without changing the level of protection.

The three proposals, aimed at transport companies, small bakers, butchers and grocery shops

and the merger or division of enterprises are part of a package of fast track actions, which the EC announced only in January this year. The total package of ten actions will save companies 1.3 billion euros a year on administrative costs.

A fourth fast track action on energy crops was already endorsed last month and will be

adopted next week.

The proposals will now go to the European Parliament and the Council for adoption.

At the same time the EC will start a screening programme to look at cutting administrative burdens and unnecessary information obligations in thirteen priority areas, like employment, taxation, agriculture and statistics.

## Scammed or Spammed?

The Internal Revenue Service has recently released what the Service has identified as the twelve most blatant scams affecting American taxpayers. At the top of the list is an inflated refund request revolving around the Telephone Excise Tax. New to the annual *Dirty Dozen* are abuses that pertain to Roth IRAs, the American Indian Employment Credit, domestic shell corporations and structured entities. IRS Commissioner Mark Everson said concerning scams: 'Don't be taken by scam artists making outrageous promises.'

The following is this year's list of the most common abuses: Telephone Excise Tax Refund – Taxpayers entitled to 3% tax refund on long-distance and bundled services are instead claiming up to the entire amount of their phone bills. Abusive Roth IRAs – Shifting property such as under-valued stock into these retirement arrangements results in otherwise taxable income going untaxed.

Phishing – A technique in which scammer obtains personal financial data in order to gain access to the financial accounts of unsuspecting consumers so that they can then run up charges on their credit cards or obtain loans in their names.

Disguised Corporate Ownership – Domestic shell corporations are formed in order to disguise ownership of spurious business activities such as underreporting income, not filing tax returns, money laundering, and other financial crimes.

Zero Wages – Substitute Form W-2 or corrected Form

1099 shows little or no income for filing with federal tax return to replace regular reporting.

Return Preparer Fraud – Tax return preparers who convince taxpayers that they can get them extraordinarily large refunds and then file fraudulent tax returns.

American Indian Employment Credit – Unscrupulous promoters inform Native Americans that they are not subject to federal income taxation, and then file a tax return wrongly reducing taxable income under the Indian Employment Credit available to business entities.

Trust Misuse – Over 150 abusive trusts are currently under investigation – trusts whose promoters have convinced taxpayers that they can reduce income subject to taxation, obtain deductions for personal expenses, and lower estate or gift taxes.

Structured Entity Credits – Partnerships established to own and sell conservation easement credits, federal rehabilitation credits and other credits which when the credits are used up the investor receives a K-1 showing his investment to be a total deductible loss.

Abuse of Charitable Organizations and Deductions – Taxpayer moves assets to tax-exempt charitable organization while maintaining control over the assets.

Form 843 Tax Abatement – Tax filer requests abatement of previously assessed tax with Form 843 often on premise he failed to properly calculate certain property in return for performance of service.

Frivolous Arguments – Promoters set out to deny the legality of filing income tax returns.

IRS continues to search out in order to destroy tax scams. Suspected abuses can be reported to IRS on their Form 3949-A, downloadable from their website: [www.irs.gov](http://www.irs.gov). Many of these so-called *dirty dozen* will never affect the majority of Americans living abroad. Of much greater concern are scammers that hit closer to home. Their schemes often show up as SPAM (unsolicited email), and include but not limited to 1) requests to help release millions of dollars in funds, 2) contest winnings, 3) credit card offers, 4) social security data verification, 5) working at home, 6) identity theft, 7) online dating, 8) college scholarships and university degrees, 9) international driving license, and 10) help needed.

Fraud statistics reveal that in 2006 some \$49.3b was lost to identity fraud. \$437m was lost to online scams. And 1.2m Americans inadvertently revealed their personal finances to criminals. But whether one is an American or a world citizen, scamming and spamming affects everyone indirectly in costs of doing business and anyone directly in the pocketbook. An interesting site about scams: [www.scambusters.org](http://www.scambusters.org).

Barron Harper is a member of Albo Euro-Consult ([www.albo.org](http://www.albo.org)), a consortium of chartered accountants and legal experts on the European continent and the National Association of Public Accountants ([www.natptax.com](http://www.natptax.com)). He specializes in US International Taxation for American expatriates. [taxbarron@yahoo.com](mailto:taxbarron@yahoo.com) / 91 935 9809.



# Sonae says goodbye to PT



Shareholders of Portugal Telecom (PT) voted last Friday to reject changes to the company's bylaws that would have paved the way for a hostile takeover of the former state monopoly by the telecoms unit of the Sonae conglomerate.

A shareholder representative present at the PT EGM vote on whether to lift a 10 percent voting rights cap, meaning no single investor may hold more than 10 percent of the company's shares, said the proposal was rejected by 46.5 of voters.

The change in PT's statutes was a requirement for the take over of the company by Sonaecom, the telecoms division of Sonae. The bid to scrap the 10 percent voting right cap by Sonae required two-thirds support

from PT's shareholders.

Sonae's bid to acquire PT was among the biggest pending hostile takeover bids worldwide and PT, which controls Portugal's fixed phone network, largest mobile operator and main cable television network, has said the bid undervalued the former incumbent operator.

The Sonaecom bid was launched last year and the initial share price offer was upped to 10.5 euros from 9.5 euros last month. *TPN/Lusa*



Osório de Castro, lawyer and representative of SONAE, talks to journalists during a break in the Portugal Telecom shareholders' meeting last Friday at the Congress Centre in Lisbon. (Photo: Lusa / Manuel de Almeida)

## Lisbon hosts Southern African business forum



Lisbon will host a "business forum" of the 14-nation Southern Africa Development Community (SADC) in September, during the Portuguese EU presidency, an official said.

The event, the official told Lusa, would centre on investment opportunities in five transportation and infrastructure "corridors", including those linking the Angolan port of Lobito, and the Mozambican ports of Maputo and Beira to the Southern African hinterland.

The business forum will be financed by the European Union, with Portuguese backing.

Lisbon also plans to host a Europe-Africa summit during its six-month EU presidency, which begins July 1. *TPN/Lusa*

## Lisbon ranks mid-table on list of Europe's most expensive real estate



A recent survey carried by the Global Property Guide based on real estate prices of 41 European cities per 120 square metres of floor space, has revealed Lisbon rank 25th on the table, with properties costing an average 302,000 euros.

These revelations were received with little surprise given the position that Lisbon generally occupies when comprising ratings of income *per capita*.

Vilnius (Lithuania) and Riga (Latvia) are the only cities where quality of life is considered inferior to that of the Portuguese capital and where housing is more expensive.

According to the study, Brussels has the least expensive property market.

Top of the list is Monaco, effortlessly claiming the title of Europe's most expensive real estate market, followed by London.

## EU cranks up pressure on Microsoft



European Union regulators increased the pressure Wednesday on Microsoft in their antitrust battle, threatening millions of euros in daily fines if the software giant fails to satisfy their concerns within three weeks.

The news comes as the European Commission found that Microsoft failed to supply satisfactory information on charging reasonable prices to allow its Windows operating system to work smoothly with rivals' products in line with a 2004 antitrust ruling.

"This is a company that apparently does not like to have to conform to antitrust decisions," EU spokesman for competition issues Jonathan Todd told journalists.

The US company has long clashed with the Commission over the crushing market power of its existing Windows operating system and was fined a record 497 million euros in a landmark March 2004 antitrust ruling.

In addition to fining Microsoft, the EU ordered the company to sell a version of its Windows without Media Player software and to divulge the software protocols.

Microsoft challenged the 2004

ruling in the EU's second-highest court in April and the judges are expected to hand down a decision in the first half of this year.

Frustrated with Microsoft's defiance of some of its demands, the Commission last July slapped daily fines totalling 280.5 million euros over the six-month period of the penalty for failing to fully respect the 2004 antitrust ruling.

Although Microsoft has paid the fine, it is appealing against the charges.

The Commission warned on Wednesday that the company faced new retroactive fines of up to three million euros per day

backdated from August 2006 if Microsoft was found again not to be satisfying regulators' concerns.

Under the requirements of the March 2004 decision to make Windows software codes available to companies making rival software, the company can charge competitors according to the level of innovation in the information disclosed through licences.

But the Commission found that the prices Microsoft was charging for the information were "unreasonable" because it was not as innovative as the company claimed.

## Euro area inflation estimated at 1.8%

Euro area annual inflation is expected to be 1.8% in February 2007 according to a flash estimate issued by Eurostat. It was 1.8% in January. Euro area inflation is measured by the Monetary Union Index of Consumer Prices (MUICP).

Experience has shown the MUICP procedure to be reliable (15 times exactly anticipating the inflation rate and 9 times differing by 0.1 over the last two years). Further information can be found from Eurostat, the European Union's official statistical research agency.

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# Trees transplanted in city centre



Three plane-trees were removed from Lisbon's Bairro Azul to make way for a new subway entrance. (Photo: Andre Kosters / Lusa)

Three plane-trees, said to be decades old, were "transplanted" earlier this week, having been removed from Lisbon's Bairro Azul/Praça da Espanha to make way for a new subway entrance.

The trees, which frame the passage from Bairro Azul to the Praça de Espanha, took an estimated 14 to 24 hours each to remove and were subsequently replanted near the São Bento arch, in the centre of the 'Espanha' square. According to project manager Helder Dias, "each tree

is around 70 or 80 years old" and are of great public interest.

To prepare them for their upheaval, the trees were subject to a "pre-transplant prune".

The "transplantation" itself, which involved a team of 20 people, numerous trucks, a crane and a digger, entailed excavation around the base of the trunk, with the soil being contained in a large metal box.

Lifted via a 200-tonne crane to keep the trees upright, they were then transported by trucks to their new location.

## Lisbon cleared of unsightly publicity

Lisbon city hall has cleared over three thousand square metres of posters and other unsightly publicity pasted throughout the capital, between Restauradores and Campo Grande, in an attempt to rid the city of illegal advertising.

Having started last Friday and ending earlier this week, the campaign has, according to city hall officials, been respected by members of the public, and none of the removed posters have been replaced.

More interventions of the same genre are planned for other areas of the capital, though no starting dates have been announced.

The first campaign, which took place along main arteries like Avenida da Liberdade, Fontes Pereira de Melo, Saldanha and Avenida da República, saw the collaboration of 25 municipal employees, including police and rubbish collectors.

## Multi-million euro ideas to transform Cascais

In an attempt to convert Cascais into an entrepreneurial haven, Cascais city hall, in collaboration with a newly established financing company named DNA Cascais, has launched an open concourse to recruit public ideas for new businesses and companies which, if approved, will be given life through private funding.

So far, 106 projects have been submitted through the campaign, either by individual members of the public or companies. An estimated 18 million euros has been budgeted to finance the approved projects, divided into various areas of in-

vestment.

Ideas relating to tourism will be allocated 40 per cent of the budget, technologies 20 per cent, health 14 per cent, services rendered 10 per cent, and all others genres of company will share 16 per cent of the overall quota.

Approved projects, those considered worthy of financing, will be announced at the end of this month.

The financing itself will be footed by partners of DNA Cascais, amongst which the Institute for Support of Small and Medium Companies and Investment (IAPMEI), and BPI, the initiative's official bank.

# Man assaults baby on train as passengers turn a blind eye

Passengers on a Fertagus train, which connects Lisbon to the southern side of the river, were shocked this week after a fellow passenger physically assaulted a toddler, thought to be his son.

According to eye-witness reports, the man, described as being in his 30's or 40's, banged the toddler against the seat in front whilst shouting "you can't imagine what I will do to you", apparently to prevent the child from falling asleep.

Despite one woman traveller attempting to intervene, others warned her off in what was described as a 'lack of citizenship'.

The social service employee, after witnessing the incident, re-

portedly asked the train's ticket inspector to take action, but he also declined to intervene.

She then placed a phone call to the police, who boarded the train and exited with the passenger and the infant at the Campolide station. They were subsequently escorted to the local police station, though officials found no sign of physical abuse or aggression.

The social service employee has guaranteed she will be filing a complaint of the incident with the Minor's Committee in the individual's area of residence in order to ensure social services pay the child regular visits in the coming weeks.

## NOTICE

ANNUAL GENERAL MEETING of  
**The St. Andrew's Society  
of Lisbon**

on  
Wednesday 21<sup>st</sup> March, 2007 at 7.00 p.m.  
at  
Rua Marques de Pombal 347, Murches

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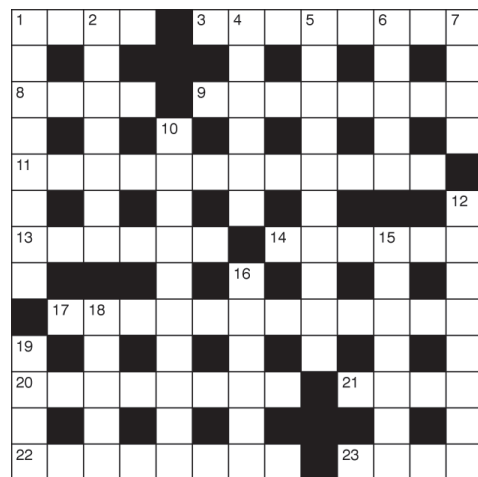
6	3					8		
			2	1				
1		4	8				6	
2			9			3	1	
4								7
	9	3			4			2
	6			9	1			3
			2	5				
	2					4	6	

Last weeks solution:

8	9	3	6	7	1	2	4	5
6	4	7	5	9	2	8	3	1
1	2	5	3	4	8	7	9	6
9	6	8	7	5	4	1	2	3
2	7	4	9	1	3	6	5	8
5	3	1	2	8	6	4	7	9
3	1	6	4	2	9	5	8	7
7	8	2	1	3	5	9	6	4
4	5	9	8	6	7	3	1	2

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to [www.sudoku.com](http://www.sudoku.com)

## The Portugal News Crossword No. 132



### ACROSS

1. Mountains (4)
3. Resign (8)
8. Saucy (4)
9. Portray (8)
11. Notice (12)
13. Abrade (6)
14. Dress (6)
17. Showy (12)
20. Devotee (8)
21. Cold-shoulder (4)
22. Breadth (8)
23. Simple (4)

### DOWN

1. Estimate (8)
2. Associate (7)
4. Infringement (6)
5. Unfinished (10)
6. Foreign (5)
7. Still (4)
10. Addendum (10)
12. Practicable (8)
15. Beat soundly (7)
16. Be present (6)
18. Cleave (5)
19. Cain's brother (4)

### QUICK CROSSWORD SOLUTIONS No.131

Across: 1 Appropriate; 9 Grapple; 10 Aware; 11 Outre; 12 Sleuths; 13 Impost; 15 Astral; 18 Ignoble; 20 Basis; 22 Union; 23 Trivial; 24 Penetrating.

Down: 2 Plant; 3 Repress; 4 Please; 5 Image; 6 Traitor; 7 Ignominious; 8 Senselessly; 14 Pensive; 16 Subst; 17 Better; 19 Binge; 21 Scion.



## Olhão Rotary Club's first solidarity gala



To raise funds for a newly-introduced regional programme that aims to promote sport for the handicapped, the Olhão Rotary Club organised a gala event which consisted of dinner, two musical acts and a dance, which took place in the Vila Monte Resort, last week.

The turnout surpassed all expectations with some 90 people showing up and giving their support.

Those present included Olhão Rotary Club President Esmeralda Ramires; José Manuel Pereira, Past-Governor of the Rotary District 1960, and Faro Civil Governor, António Pina, and Olhão Mayor Francisco Leal.

PRADA – the Regional Programme for Handicap Sport – was developed by the Civil Government of Faro in collaboration with other prominent regional entities and was publicly introduced on January 26<sup>th</sup>, this year.

A tidy sum of €1000 was raised by the gala, handed over to Faro Civil Governor that very evening.



From left to right: Rotary District 1960 Past-Governor, José Manuel Pereira and wife, Faro Civil Governor, António Pina and wife, Olhão Rotary Club president, Esmeralda Ramires, Olhão Mayor, Francisco Leal, Loulé Rotary Club President, Silvério Guerreiro and wife.

## Despair drives pensioner to mercy killing before committing suicide

An elderly man has resorted to killing his wife after being driven to despair by a seven-year-battle with her progressively degenerative mental and physical health caused by Alzheimer's disease. He followed his wife's murder by taking his own life.

Days before the incident, 75-year-old Manuel Santana was reportedly sighted in the local village hall crying and pleading for help in caring for his wife, 72-year-old Olívia.

According to a relative, cousin Artur Mendes, Manuel had been complaining of a lack of sleep, being kept awake by his wife's "child-like conversations" that would carry on throughout the night. This

prompted the trip to the village hall, where Manuel had allegedly begged for his wife to be admitted to hospital, given the disease's advanced stage.

"He was desperate and could no longer cope", said Artur.

Employees who were concerned at the elderly man's emotional state summoned borough Mayor Horácio Piedade.

After being told by Manuel that he could no longer cope, Mayor Piedade decided to contact social services, which subsequently arranged for Olívia to be admitted to Faro district hospital. However, she was released the following day and taken home.

Following his wife's return Manuel telephoned his only son, resident in France, to inform him

of what he was about to do. The son immediately called a neighbour, who he asked to go to the house and check on his parents. Arriving at the house the neighbour was confronted with two dead bodies and instantly contacted the local GNR.

Police reports state that Manuel took a shotgun to his wife before turning it on himself.

The elderly couple had spent their working lives in France before choosing to retire in their native country. Manuel's acts have left the local community, where he was well known for his concern and dedication to his wife, in a state of shock.

## Old Portimão bridge to close for six months

Inaugurated in 1876, the metallic bridge that crosses the Arade river into the heart of Portimão from Ferragudo/Parçal looks set to be closed for six months, after confirmation that a series of necessary repairs will be conducted at the bridge.

Estradas de Portugal (EP), who in 2006 evaluated the Arade bridge's present condition, have confirmed that the structure is not at risk of collapsing, but 'does need in-depth works, due to its age'.

Last year the bridge was in-

cluded on a list of 40 Portuguese bridges inspected by EP that required intervention.

While it is not at risk of collapsing, survey results reveal the bridge shows clear signs of degradation, including a dislodged stone that makes up one of its pillars. The bridge's corroding iron frame is also to be replaced.

These works will see the bridge being cut-off to all traffic for a minimum of six months, scheduled to begin January next year.

The overall project will re-

portedly cost around 3.4 million euros, and includes the complete reinforcing of all of the bridge's pillars.

Given its high number of users, a boat crossing is to be introduced to connect the two riverbanks during the bridge's closure.

At present a number of vehicle restrictions are in force to safeguard the crossing from any further damage. These include speed limits of 30 kilometres per hour, and a maximum weight limit of 20 tonnes.

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# Carried off the hillside by firemen



Pam Hooker and Margaret Albon, Geoff and Jenny Dawson with Commandant António Nunes from the Silves Fire Station.

When Pam Hooker and Margaret Albon had to be rescued during hillside walks, both were grateful to the fire department for their professionalism and skilful service.

Being members of the Camping and Caravanning Club of Great Britain, enjoying a rally at the Camping Orbitur Quarteira they asked rally stewards Geoff and Jenny Dawson to arrange a raffle, and collect donations so they could put something back into the community as the members had used the emergency

services a number of times this year.

Geoff and Jenny, from Lincoln, responded immediately as they have been the volunteer rally stewards for six years since the Camping Orbitur Quarteira first came into use. For 11 weeks each year, running from January to April, they arrange events ranging from walks, wine tasting and sports days to dinner dances, BBQs and competitions.

As a result of the raffle they went to the Silves fire department

with Margaret Albon and Pam and Alan Hooker, to meet with Commandant António Nunes and for Pam, who still has a broken ankle, to hand him the €412 collected. After showing the group around and describing the work of the control centre and his volunteers he thanked the Club for their generous support and donation.

For more information contact: Angela Schulz-Henke on 936 384 275, Ray Bentley on 282 443 855 or log on to the website:

[www.bombeiros-algarve.com](http://www.bombeiros-algarve.com)

## Fake passports seized at Faro airport

Three passengers attempting to board flights from Faro airport were arrested the past week after their passports were discovered to be fake.

One of the passengers, at-

tempting to board a Saturday flight to Luton, London, was detained by SEF immigration officials after his Portuguese passport was found to be forged.

A second incident occurred when a couple bound for Toronto, Canada, presented fake Canadian passports, detected during the final stages of passport control.

## Bus fare to jet off to Barcelona

Those wishing to spend a few days in the beautiful city of Barcelona can now jet off at incredibly affordable prices, courtesy of low-cost airline Ryanair, who last week, on Friday 2<sup>nd</sup> March, introduced a new route direct from Faro to Barcelona-Girona, four times a week.

With prices starting from as little as €14, a weekend in Barcelona is now a reality accessible to all. Bringing the city within two hours of the Algarve, this new route follows on from Ryanair's daily route from Faro to Madrid introduced late last year and at the time boasted an inaugural price of €10 return.

Now offering five routes from Faro, Ryanair, self-proclaimed 'Europe's leading low-cost airline' has, since February last year, been responsible for transporting over 200,000 passengers to the region.

"We are very pleased with the work carried out here at Faro airport", said Maribel Rodriguez,

Marketing Director for Ryanair in Portugal and Spain, "We are very happy to be able to continue to grow in the Algarve".

These new routes will transport an annual estimated 160,000 passengers to and from two of Spain's most prominent cities, who will be paying "the lowest prices available on the market".

Francisco Vieira Pita, head of Faro airport's marketing and customer services, also enthused "It is with great pleasure that Faro airport is connected to yet another Spanish airport, this time Barcelona Girona", and described the route as being "strategically extremely important

for developing the Algarve's tourism", being another low-cost service at the disposal of the regional population, as well as that of Huelva.

The proximity between Faro and Huelva appears to be something the partnership has taken into account, by renaming Faro airport as 'Faro-Huelva', on its website.

With 19 bases throughout Europe and the British Isles, Ryanair flies to 130 airports, throughout European and North Africa, connected by 454 routes. This has seen the company order another 167 aircraft to boost its fleet, 50 of which are already operating.

Amongst other new routes set to start this year from Faro is the highly anticipated easyJet Faro - Paris flight. This connection was intended to have been operational by now, though, according to Francisco Vieira Pita, the recent opening of easyJet's Madrid base saw its aircraft availability significantly reduced.

When eventually operational, the route will be the first and only direct flight between the Algarve and France.

See Ryanair's website ([www.ryanair.com](http://www.ryanair.com)) for more information on special offers on flights from Portugal and elsewhere.

## Breast cancer unit visits Western Algarve

A joint venture between the Algarve Cancer Association (AOA) and the Private Institute for Social Solidarity (IPSS) will see a mobile unit visit a number of Western Algarve localities to raise awareness as to the dangers of breast cancer.

Following Aljezur, Bordeira, Rogil and Odeceixe, the district of Vila do Bispo is next to receive the mobile unit, which will make stops in Sagres (March 17<sup>th</sup>, at 14h00) Vila do Bispo (17/03, 16h30), Budens (18/03 16h00), Barão de São Miguel and Raposeira, whose dates and times are yet to be

confirmed. Essential information and answers to any questions will be offered to the general public.

The campaign, which has been highly successful so far, targets women between 50 and 65 years of age, where the risk of breast cancer is significantly higher.

## Fight against hunger targets Algarve poor

A new food bank to be inaugurated in April will provide provisions for some 2,500 needy families throughout the areas of Faro, Loulé, Albufeira, Silves, Lagoa and Portimão.

Despite its image of wealth and prosperity, mainly generated by an affluent tourism trade, the Algarve is thought to be home to about 10,000 families who live below the so-called 'breadline'.

These families are to be assisted by a new, private institution of social solidarity, a food bank, which hopes to open its first Algarve-based headquarters on April 15<sup>th</sup>.

The food bank is the result of a contract between the Food Banks of Portugal Association,

presided by Isabel Jonet, and the Algarve Pro-Sharing and Insertion Association, headed by ex-University rector, Adriano Pimpão.

Twenty-two private regional institutions have already pledged their collaboration to the cause, which, according to Isabel Jonet, will see a daily distribution of ready-made meals to some 1,214 individuals, as well as food baskets to 1,330 families, including 410 children.

Presently there are 11 other food banks throughout the country. Tavira and Olhão are the next regions to be covered by the bank's services, and a second phase, to be introduced next year, will see the entire region catered for.

## Quintessence raise money for charity

The fourth Annual Concert organised by the band Quintessence to raise monies for the Lagos fire department took place on Thursday 15<sup>th</sup> February at the Lagos Cultural Centre.

The band, led by Chris Atcherley, played to a packed house presenting a two hour performance of a varied selection of jazz and Latin American tunes. In addition there was a backdrop of videos to match the tunes being played, which everyone also enjoyed.

The Concert was filmed and the band hopes to have a DVD available later this year, again with all proceeds to Lagos fire department.

There was a raffle with many prizes, and at the end of the evening the band presented Sr. Tavares, the President of the fire department, with a cheque for €3,100, beating last year's total. As in previous years there were no expenses involved in the presentation of the concert allowing all the money raised to go to the fire department. Sr. Tavares ex-

pressed his grateful thanks to the members of the band, and presented each of them with a pack of local wines.

The Quintessence members Chris, Sandy, Luis, Jan and Graham, together with their guests Ray, Roger, and Mischa would like to thank everyone for their support particularly Lagos council for the use of their Cultural Centre and their technician Sr. Borradinho, and also NaRua for printing all the posters. In addition the following people who gave prizes for the raffle,

Lagos Microlight Flights, Restaurant Fortaleza, Aquário, Jardim Das Dunas, Hotel Bela Vista and Fontenário, Bebbington Pains, Rapid Fit, Paul and Diana Rosewell, Bom Dia Boat Trips, Baptista Supermarket, Marina Car Hire, 125 Computers, Meri at Luz Health Shop, Hairdressers Cutting Korne and Angels, and Tony and Martha Gazzard. Finally to Sally, Sheila and Denise for doing the Raffle.





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#### CROWDS OF BUYERS

The central "theme" of these Fairs is to make a day out for all the family, with great food and entertainment as well as stands to visit. The result? - Visitors feel relaxed, stay for longer and look forward to the next event.

#### FOOD

The ARENA was a major attraction in May 2006, with 11 restaurants and food outlets. 2007 will improve on this as the organisers know that good catering is central to both exhibitors and visitors.

#### ENTERTAINMENT

In the ARENA, on the big stage, excellent live entertainment is being planned for 2007 extending later into the evening. Visitors stay longer as they have so much to see and do.

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You can call the Exhibition hotline on 282 380 317

Or send an Email to [sales@algarvefair.com](mailto:sales@algarvefair.com)



# lusofile

## Castelo de Vide

Castelo de Vide – Castle of the Vine – is an historically very interesting town in the Alto Alentejo that is situated very near to the Spanish border of Central Portugal. It is located approximately 400 kilometres from the south-western extremity of the Algarve and is located just north of Portalegre to the east of the IP2 after following the signs towards Marvão before branching off westwards on the N246-1 to Castelo de Vide.

The name of the town is strange, but legend has it that Guiomar the daughter of Rui Nunes de Astúrias married a man of her parents' choice, but became widowed at an early age. She then wished to marry again, this time to a man whom she had always loved, but her father disapproved. With her beloved she agreed that they arrange for her to be kidnapped. He duly carried her away on horseback to his hilltop castle that they called *Terra de Vide* – due to the huge vine in the courtyard. This name changed later to *Vila de Vide* as the town grew in size, finally becoming *Castelo de Vide* when it became even larger, a name that has endured until the present day.

On our recent trip we visited the *turismo* that is situated in the centre of town and found the lady there extremely helpful. We left armed with a map of the municipality and a wealth of information that she imparted. Walking around we came to the conclusion that it is a city of roses and flowers, with its narrow streets cascading down between old buildings that have original Gothic features, medieval houses, a lot of stone doorways and window frames, and paved streets from the fourteenth to sixteenth centuries, before arriving at the 600 metre town summit. Climbing up the steep cobbled slope to the castle you can obtain magnificent views over the surrounding countryside that includes the 31.750 hectare *Parque Natural da Serra de São Mamede*. The castle is thought to have been

rebuilt by the Moors in the eighth century after the original Roman fortifications were destroyed by the Vandals in the fifth. For photography of the fabulous views the afternoon light is better!

**Approximately three hundred springs have been counted in the vicinity, the most spectacular of these is the Fonte da Vila.**

Castelo de Vide was granted its charter in 1180 by Dom Afonso Henriques with a second one granted by Dom Dinis in 1310. It was involved in two swaps, firstly in exchange for Óbidos and Sintra and lastly when it was given by Dom Fernando in the fourteenth century to the Order of Christ in exchange

for Castro Marim that is in the most eastern point of the Algarve.

When we were there in early February the roads and the synagogue of one time Jewish sector that we have always looked upon as the 'Jewel in the Crown' were in a state of renovation. The synagogue that was for centuries used as a private home is being transformed into a custom-made Jewish museum although it has, during latter years, been used in this role.

This Jewish sector of the town has been preserved since the Inquisition that took place in Portugal in 1537. Initially the Spaniards expelled the Jews from Spain between 1477 and 1490 with many taking refuge in the border towns of Portugal only to be persecuted once again, this time by the Portuguese

some sixty years later.

Our original visit to the town was in the early summer of 1998 when three streets adjoining the Jewish Quarter were in festive array. We were told they have street parties on three successive weeks, where each one's sixty centimetre high doll is exhibited. On the final Saturday, a pyre of rosemary is made and all three dolls are burnt. We could not find out the reason but were told it was traditional, but we wonder if it is a relic from the Inquisition?

The craft shop that used to occupy the old prison is no longer in existence and the building is now closed to the public. This is situated in the older quarter of the town near to the castle and was last used as a prison during the sixties, but as it is owned by the Council maybe it will be renovated. On our last visit nine years ago we saw some beautifully executed drawings on the walls that were drawn by prisoners, although we were told that there are more explicit ones that the cleaning lady had covered over as they offended her!

It was here that prisoners were incarcerated in a cell that was entered through an overhead hatch. One of the last people to be imprisoned was a very large Spanish lady charged with smuggling goods over the Spanish border that is twenty four kilometres away. She was sentenced to three weeks detention, but due to her enormous girth she was physically pushed into the depths below. Once there she refused to eat, as it would have been impossible to extricate her unless she slimmed.

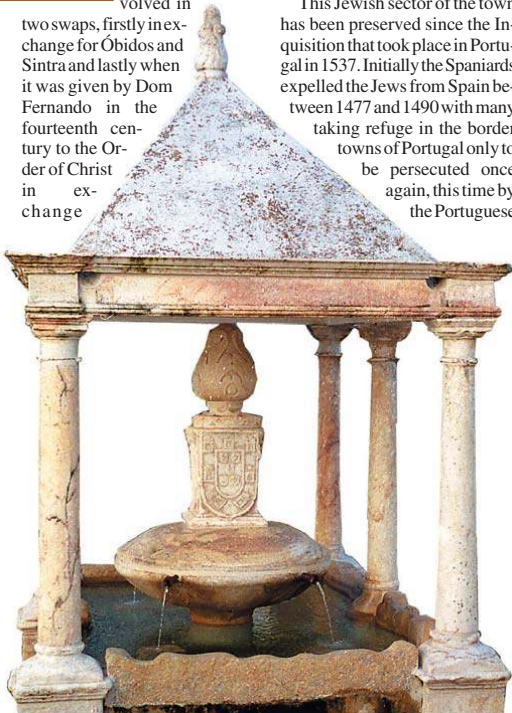
**The castle at Castelo de Vide is thought to have been rebuilt by the Moors.**

the grille.

Interesting churches are everywhere, in particular the tiny *Senhora da Alegria* – Our Lady of Joy – near the castle within the

Fonte da Vila that is situated at the lower end of the Rua da Fonte. This has a rectangular pyramid roof set on six marble renaissance columns with the water emerging from four spouts into a huge bowl. Above on the four sides are sculpted the town coat-of-arms, Portugal's coat-of-arms and two children.

The main part of the town is situated low down and here most buildings are of seventeenth and eighteenth century origin, with spacious squares and a pillory



Fonte da Vila



Doorways in Castelo de Vide

burgio medieval in the *Praça da Alegria*. It is renowned for its seventeenth century polychrome azulejos. But, perhaps the most impressive is the enormous *Igreja Matrix* – Parish Church – *Santa Maria da Devesa* that is situated in the centre of the town very near to the *turismo*. This church that dominates the central region of the town is from the 18<sup>th</sup> and 19<sup>th</sup> centuries and one of its two bell towers was salvaged from a previous, smaller church that was on the same site.

Approximately three hundred springs have been counted in the vicinity and therefore throughout the town, ornate fountains are fed by natural streams, many reputed to have medicinal properties. The most spectacular of these is the

situated near the impressive Baroque style Paços do Concelho – Courthouse.

In the vicinity there is the *Ermida da Senhora da Penha* that is perched on a rocky outcrop at just over 700 metres

above sea level and many prehistoric monuments including the granite *Meada Menhir* that stands seven metres

high making it the tallest monolith in the Iberian Peninsula. Restaurants abound and local specialities are delicious. Accommodation of all standards from hotel to *pensão* is available within the town, but if you prefer a state run hotel – *pousada* – Marvão is only a short distance away.

**The Jewish sector of the town has been preserved since the Inquisition that took place in Portugal in 1537.**

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# The history of St. Patrick's day

Saint Patrick is believed to have been born in the late fourth century, and is often confused with Palladius, a bishop who was sent by Pope Celestine in 431 to be the first bishop to the Irish believers in Christ.

Saint Patrick was the patron saint and national apostle of Ireland who is credited with bringing Christianity to Ireland. Most of what is known about him comes from his two works, the Confessio, a spiritual autobiography, and his Epistola, a denunciation of British mistreatment of Irish Christians.

Saint Patrick is most known for driving the snakes from Ireland. It is true there are no snakes in Ireland, but there probably never have been - the island was separated from the rest of the continent at the end of the Ice Age. As in many old pagan religions, serpent symbols were common and often worshipped. Driving the snakes from Ireland was probably symbolic of putting an end to that pagan practice. While not the first to bring Christianity to Ireland, it is



Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Irish dancing and Guinness and just some of Ireland's biggest trademarks.

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Patrick who is said to have encountered the Druids at Tara and abolished their pagan rites. The story holds that he converted the warrior chiefs and princes, baptizing them and thousands of their subjects in the "Holy Wells" that still bear this name.

There are several accounts of Saint Patrick's death. One says that Patrick died at Saul, Downpatrick, Ireland, on March 17, 460 A.D. His jawbone was preserved in a silver shrine and was often requested in times of childbirth, epileptic fits, and as a preservative against the "evil eye." Another account says that St. Patrick ended his days at Glastonbury, England and was buried there. The Chapel of St. Patrick still exists as part of Glastonbury Abbey. Today, many Catholic places of worship all around the world are named after St. Patrick, including cathedrals in New York and Dublin city

### Why Saint Patrick's Day?

Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

So, why is it celebrated on March 17th? One theory is that this is the day that St. Patrick died. Since the holiday began in Ireland, it is believed that as the Irish spread out around the world, they took with them their history and celebrations. The biggest observance of all is, of course, in Ireland. Being a religious holiday as well, many Irish attend mass, where March 17th is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

In American cities with a large Irish population, St. Patrick's Day is a very big deal. Big cities and small towns alike celebrate with parades, 'wearing of the green', music and songs, Irish food and drink, and activities for kids

such as crafts, colouring and games. Some communities even go so far as to dye rivers or

streams green!

Courtesy of  
www.st-patricks-day.com



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# The secret addiction



Celebrities always seem to be battling addictions - singer Robbie Williams is the latest to go into rehab for a dependency on prescription drugs - but what of the people who may be addicted to over-the-counter painkillers? We find out how people can damage their health through drugs they buy from the chemist.

Every day, millions of people visit chemists and pharmacies to get their 'fix' of drugs to satisfy their addiction. But these are far from stereotypical junkies dependent on outlawed substances like cannabis and heroin.

They're ordinary, and often highly respectable, people leading normal lives but for the grip of a little recognised dependency - on over-the-counter painkillers.

They've bought medication such as ibuprofen and paracetamol or a host of well known brandname products to treat a genuine physical ailment and unwittingly become addicted because they take it for longer than is recommended.

They then may become de-

pendent on the feeling of 'well-being' they get from the drugs and join the increasing number of people suffering from this 'silent addiction' - experts put the numbers affected at 100,000 and rising.

Neurologist Michael Gross, who runs clinics for people dependent on over-the-counter (OTC) medication, says: "This type of abuse is a widespread and increasing problem, which most people don't have a clue about."

"Because they get painkillers from their GPs or chemists, and see adverts constantly extolling the virtues of this medication, people wrongly assume that there's no risk attached to it."

All too often, excessive intake of this medication has damaging

health effects such as liver and stomach damage, irritable bowel syndrome or respiratory problems.

Eight years ago comedian Mel Smith revealed his seven-year addiction to Nurofen Plus. He called it "my dark secret", and reportedly said, "they didn't make me feel high - they just helped me to relax". His 50-tablets-a-day habit landed him in hospital with two burst stomach ulcers.

Leading substance abuse therapist Paul Russell believes the number of those suffering from OTC dependency is rising sharply.

"I see clients from all walks of life - from postmen to chief executives - some of whom may be

taking up to 30 codeine tablets a day or drinking vast quantities of cough medicine. They've ended up self-medicating with OTC medication to mask and avoid dealing with a whole range of problems including stress and anxiety.

"Like alcohol abuse their tolerance level rises and they just find they need more and more to feel normal."

Some susceptible people can become hooked within just three weeks - 14 days continuous use of certain OTC drugs can be enough to develop a dependency.

Talking to a GP is an initial step towards help but Russell says: "One of the problems is people with this problem find it difficult to seek help because of the social stigma surrounding addiction. They do not see themselves as the stereotype junkie but they are dependent and just as much in need of treatment and support."

**COULD YOU HAVE A PROBLEM?**

Gross advises: "Even taking six to eight painkillers a week over a long period, without diagnosis or specialist input, can definitely put you at risk of dependency, especially if you are susceptible to it."

If you have answered yes to at least two of the following questions, you may have developed a dependency on prescription or OTC drugs.

:: Have you been taking over-the-counter medicine in excess of seven days continuously without consulting your GP for advice?

:: Does your medication seem to be less and less effective?

:: If your original complaint has cleared up, are you continuing to take the drug because it makes you feel calm and 'normal'?

:: Have you suffered, or are you currently suffering from, anxiety, depression or stress? Do you

have a family history of drug and/or alcohol abuse?

**HOW DOES IT HAPPEN?**

Gross says: "You might get a migraine or back pain and initially a painkiller works, but the effect starts to lessen over time."

"We know that the brain learns to have headaches and possibly neck and shoulder pain. Once the pain pathways are opened up, the headaches or other pains become more common and this process is exacerbated by taking the painkillers."

"Also, continual use of painkillers can make you feel depressed and unwell, but people do not recognise this is what is causing them to feel low and will blame their original ailment and step up the dosage of the painkillers. It can be a vicious circle."

**WHAT IS THE EFFECT OF OTC MEDICATION?**

Many over-the-counter drugs contain opium derivatives. These trigger the brain to release a chemical called dopamine, which produces feelings of happiness and well-being.

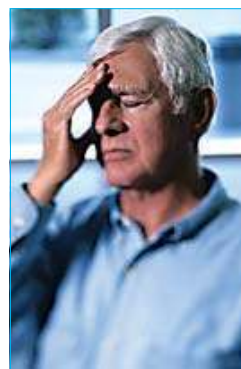
Top of the list of potentially habit-forming medications are painkillers and cough medicines. Both of these often contain codeine, which is similar to a weak form of morphine and can make you feel calmer and give a 'high' effect. It is contained in products such as Co-Codamol, Solpadeine, Syndol, Panadol Ultra, Feminax and Nurofen Plus.

Gross says: "With the codeine products you have the extra problem of the opiate addiction. People become hooked on the feeling of well-being, but of course, as with heroin, eventually you need the opiate just to feel normal."

"So when someone tries to stop taking OTC painkillers not only do they have to deal with the pain of the 'learned' headache but also with the opiate withdrawal symptoms which can include shivering, aching joints, agitation and insomnia."

**REBOUND HEADACHES**

People who get severe or fre-



quent headaches often tend to take ever-increasing quantities of painkillers. The over-use of these actually reduces their effectiveness, and not only do they not work, they can cause further headaches (known as rebound headaches).

**WHAT IS THE TREATMENT FOR OTC DEPENDENCY**

Some people can cut down by themselves, but a GP should be consulted for advice and may refer the patient to a specialist. It may also be necessary to take a low dose of anti-depressants as part of the process of being weaned off the OTC medication.

In severe cases users may have to go to a treatment centre while they attempt to go 'cold turkey', which can cause agitation, insomnia, sweating and shaking. People can also benefit from one-to-one or group therapy.

In general, always follow the instructions on the packet and ask your pharmacist if you require help.

**OTHER SOURCES OF HELP:**

:: Michael Gross, go online to: [www.neurologyclinic.co.uk](http://www.neurologyclinic.co.uk)

:: Paul Russell, founder of The Smart Project to help sufferers of substance abuse online at: [www.smarttreatmentproject.com](http://www.smarttreatmentproject.com) or [prussell@eurodetox.com](mailto:prussell@eurodetox.com)

:: A self-help group formed by sufferers available online at: [www.codeinefree.me.uk](http://www.codeinefree.me.uk)

Gabrielle Fagan

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# 'Repair-kit' for damaged joints

Science has discovered some biologically active substances in shellfish that can protect and possibly even repair damaged joint cartilage. Glucosamine is the first and only remedy that can effectively stop the deterioration of joints better known as osteoarthritis.

Do you have any idea how important healthy joints are for your quality of life? If not, try imagining what it would be like to be tied to a chair with nothing else to do but read, solve cross-word puzzles and watch television.

Many people have lives like that because they suffer from osteoarthritis - a disabling disease that causes their joint cartilage to deteriorate progressively, but science has come up with a solution - it is called glucosamine.

So far, the only help osteoarthritis sufferers have been able to get has been pain-relief in the form of painkillers or anti-inflammatory drugs, or surgical replacement of the damaged joints. With glucosamine they have a much better alternative: now they can stop the deterioration and, in best case, repair some of the damage that has happened.

#### Made from shellfish

In some countries glucosamine is listed as a medical drug, but the remedy is 100% natural - not synthetic. It is made of shellfish extract, and what makes it so effective is its content of some biologically active compounds that serve as building blocks in the body's cartilage production. By taking glucosamine from your local pharmacy you are providing your body with the 'cement and mortar' it needs to make healthy joint cartilage, and it works impressively well.

Studies of glucosamine show that after about eight to twelve weeks, there is significantly less pain, joint functioning improves, and - above all - the cartilage loss is halted.

#### Start early

Like with so many other types of disease prevention, it is always best to start before the symptoms develop. Glucosamine is no exception. Even though it has demonstrated a reliable effect with no safety problems, whatsoever, in patients that had already contracted symptoms of osteoarthritis, it would probably

be better to take it as a precaution and start before the problems surface.

Considering that osteoarthritis is a disease that affects the majority of people from the age of 60-70 and up, it is bound to turn up sooner or later. With help from glucosamine it may be possible to postpone the problem and enjoy a more active senior life.

#### Glucosamine sulphate and chondroitin - a powerful combination

Chondroitin sulfate is a major structural component of cartilage and provides much of its resistance to compression. Along with glucosamine, chondroitin sulfate has become a widely used dietary supplement for treatment of osteoarthritis. It appears the combination of the two substances that is particularly powerful in terms of relieving osteoarthritis symptoms.

#### Frequently asked questions

With a popular remedy such as glucosamine, there is bound to be many questions. Here is a list of some of the most frequently asked questions and - of course - the appropriate answers.

*How long should I expect to wait before I register an effect of glucosamine?*

The majority of scientific studies conducted with glucosamine sulphate show an effect within an 8-12 week period. Some individuals may register a much faster effect.

*Are there any side effects with glucosamine?*

Any substance can produce side effects, at least in theory. However, a natural substance like glucosamine is substantially safer and less likely to produce a side effect than pain-relieving, anti-inflammatory drugs such as e.g. ibuprofen.

*I am allergic to shellfish, will I react to glucosamine?*

Glucosamine is an extract based

on shellfish, and people with shellfish allergy are normally advised not to use glucosamine sulphate. Having said that, the risk of glucosamine triggering shellfish allergy is quite limited.

*Why is glucosamine sulphate better?*

Glucosamine needs sulphur in order to work properly. In glucosamine sulphate, sulphate is the sulphur compound. The majority of studies are conducted with glucosamine sulphate, as this is the form of glucosamine

that has demonstrated the best effect. Some people use glucosamine combined with a sulphur compound called MSM (methylsulfonylmethane) but the effect is not as good as with glucosamine sulphate.

*Can glucosamine stop osteoarthritis?*

Yes, in fact glucosamine is the only documented treatment that can stop the progression of osteoarthritis. Other available treatments merely reduce pain and counteract inflammation.

*Will glucosamine restore my cartilage?*

Depending on how much cartilage is left in the affected joint(s), glucosamine has the potential to replace some of the deteriorated cartilage. There has to be a somewhat intact pad of cartilage in order for this to happen. If most of the cartilage is gone, it is too late to do anything.

*Is chondroitin sulphate as effective as glucosamine sulphate?*

Studies have shown that chondroitin sulphate provides health

benefits similar to those of glucosamine sulphate, for instance pain-relief and improved joint function. Chondroitin sulphate, however, is not as well-documented as glucosamine sulphate. It appears to be the combination of the two substances that is particularly effective.

#### Quality of life

The majority of people aged 50 or older start having problems with their joints. In some cases it is just slight pain or discomfort, in other cases more severe conditions that impair quality of life. Being able to enjoy an active senior life is vital. What is more, having the privilege of being able to be physically active is important for maintaining good health.



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## BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Bill's Food. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Six Nations 2007. (T)

5.20 Match of the Day Live: The FA Cup. Middlesbrough v Manchester United (Kick-off 5.30pm). Including BBC News at half-time. (T)

7.40 Comic Relief Does Fame Academy. Girls Aloud and the Sugababes give the first live performance of the new Comic Relief single Walk This Way, while Patrick Kielty and Claudia Winkleman invite the celebrities to show off their skills in the talent contest. Vocal coaches Carrie and David Grant, choreographer Kevin Adams and tutor Jeremy Milnes give their expert advice before the competitors perform live, hoping to impress judges Richard Park, Lesley Garrett and Craig Revel Horwood. Further coverage follows on BBC Three, and the results can be seen at 9.50. (T)

8.40 The National Lottery: Saturday Draws. Jason Donovan presents as the all-important Lotto, Dream Number and Thunderball numbers are revealed. (T)

8.50 Casualty. Comic Relief special, co-written by Notting Hill and Love Actually creator Richard Curtis. Nathan is unimpressed by the staff's attempts to raise money for Red Nose Day, but a visit by former team member Megan Roach provides the grumpy director with a lesson in camaraderie. Sam hatches a plan when TV star Angus Deayton comes in to be treated, while Cyd rejects Greg's attempt to apologise. Brenda Fricker guest stars. (T)

9.50 Comic Relief Does Fame Academy. The three celebrities with the fewest votes perform for the second time in an attempt to stay in the competition. Judges Richard Park, Lesley Garrett and Craig Revel Horwood save the performer who has impressed them most, before the fellow students decide which of the remaining unlucky pair to send home. (T)

10.20BBC News; Regional News; Weather; (T) National Lottery Update.

10.45FILM: Minority Report (2002). Sci-fi thriller, starring Tom Cruise. (T)

1.05 FILM: A Study in Terror (1965). Sherlock Holmes mystery, starring John Neville. (T) (bw) Weatherview. 2.40 BBC News 24.



## BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Tweenies. (R) (T) CBeebies Birthdays. (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Roar. (R) (T) 7.55 Arthur. (R) (T) 8.10 Lizzie McGuire. (R) (T) 8.30 The Story of Tracy Beaker. (R) (T) 9.00 Hider in the House. (T) 10.00 McFly's Big Red Noseround. (T) 10.20 Time Warp Trio. (R) (T) 10.40 The Secret Show. (T) 10.55 Krypto the Superdog. (R) (T) 11.15 The Fairly OddParents. (R) (T) 11.30 MotoGP. The Grand Prix of Qatar. (T) 1.05 The Sky at Night. (R) (T) 1.25 Film 2007 with Jonathan Ross. (R) (T) 1.55 Monk. (T) 2.40 FILM: Journey to the Center of the Earth (1959). Sci-fi adventure, starring Pat Boone. (T) 4.45 What the Papers Say. (T) 4.55 Final Score. (T) 5.10 TOTP2. (T) 5.35 Meerkat Manor. (R) (T) 6.00 FILM: Evelyn (2002). A hard-drinking Irish rogue is left to look after his three children - but realises he must change his life for them. Heart-warming drama, starring Pierce Brosnan and Aidan Quinn. (T) 7.30 Crufts 2007. Clare Balding, Ben Fogle and Matt Baker present from Birmingham's NEC, as the terriers and hounds parade in the main ring and the obedience competition takes place. (T) 9.00 Have I Got Old News for You. With guest host Joan Collins. (R) (T) 9.30 Wagner's Ring: Siegfried. The third opera in Wagner's four-part Ring Cycle. John Treleaven, Gerhard Siegel and John Tomlinson star, with Antonio Pappano conducting the Orchestra of the Royal Opera House. (T) 2.00 FILM: Rat (2000). Comedy, starring Pete Postlethwaite. (T) 3.25 Close.

## Pick of the Day

Who Wants to Be a Millionaire? (ITV1 Granada, 8.20pm)

Since first airing on September 4, 1998, this quiz show has been a regular fixture on the ITV schedules. Hosted by Chris Tarrant, more than 1,200 people have taken the hot seat in a bid to bag the top prize. So far, five individuals have won a million quid each, while eight contestants have viewed the final question but opted to go home with a cheque for £500,000 instead. Sadly, seven participants have somehow managed to leave the show with no money at all. The format has been so successful it's been copied around the world, while celebrities have queued up to take part in special editions raising money for charity. Despite its achievements, Millionaire has also had its fair share of controversy thanks to Charles and Diana Ingram, the Easterton couple who were convicted of fraud following Mr Ingram's infamous appearance on the quiz. Here, the host invites another line-up of contestants to have a go at answering 15 questions that could change their lives - with Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck.

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.30 T4: Musicoloc. (R) (T) 10.30 T4: Popworld. (T) 11.20 T4: Friends. (R) (T) 11.50 T4: Friends. (R) (T) 12.25 T4: Shipwrecked 2007: The Hutman Diaries. (R) (T) 12.55 T4: Shipwrecked 2007: Battle of the Islands. (R) (T) 2.00 Channel 4 Racing from Sandown Park and Wolverhampton. Including the 3.10 Sunderland Imperial Cup H'cap Hurdle (2m 1/2f). (T) 4.00 A Place in the Sun. (R) (T) 5.00 Deal or No Deal Classic. (R) (T) 5.50 Monarchy by David Starkey. (R) (T) 6.50 Channel 4 News. (T) 7.20 Born Survivor: Bear Grylls. Former Special Forces adventurer Bear Grylls is stranded in the French Alps, where he demonstrates how to build a snow shelter that will keep a person alive in sub-zero conditions, the best methods to avoid hypothermia, and the dangers of crossing thin ice. He also dines on unappetising meals such as raw trout, maggots and moss and berries. (T) 8.20 Bremner, Bird & Fortune. Political satire with Rory Bremner, John Bird and John Fortune. (T) 9.20 FILM: Gosford Park (2001). A group of aristocrats and the nouveau riche gather for a weekend in the country - but a murder prompts an outpouring of guilty secrets. Marvellous mystery, starring Maggie Smith. (T) 11.55 FILM: The House of Mirth (1999). Premiere. Drama, starring Gillian Anderson. (T) 2.30 FILM: To Kill a King (2003). Premiere. Historical drama, starring Tim Roth. (T) 4.25 Hitler's Holocaust. Allied liberation of concentration camps. Last in series. (R) (T) 5.25 Countdown. (R) (T)

## FIVE

6.00 Sunrise. 6.55 Milkshake! Franklin. (R) (T) 7.25 Miss Spider's Sunny Patch Friends. (R) (T) 7.35 Peppa Pig. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 Rupert Bear. (R) (T) 8.45 Rupert Bear. (R) (T) 9.00 Shake! Jane and the Dragon. (R) (T) 9.30 Don't Blame the Koalas. (R) (T) 10.00 No Girls Allowed. (R) (T) 11.00 Xcalibur. (R) (T) 11.35 The Gadget Show. (R) (T) 12.30 Built for the Kill. (R) (T) 1.15 FILM: The Sting II (1983). Light-hearted sequel, starring Oliver Reed. (T) 3.10 FILM: Housekeeping (1987). Comedy drama, starring Christine Lahti. (T) 5.20 FILM: All Dogs Go to Heaven II (1996). Animated sequel, with the voice of Charlie Sheen. (T) 6.40 FILM: Will Penny (1967). High-class Western, starring Charlton Heston as a middle-aged cowboy who falls foul of a gang of thieves, headed by a psychopathic hoodlum. With Donald Pleasence and Lee Majors. (T) 8.45 five news and sport. (T) 8.55 NCIS. A Marine helicopter is discovered abandoned in a crop circle, and witness reports of strange lights in the night sky don't help matters. (R) (T) 9.50 CSI: NY. The team investigate the death of a hotel employee and are alerted to another case nearby. The shootings in the second incident bring back painful memories for Stella. (T) 10.50 Law & Order. (T) 11.50 Grey's Anatomy. (R) (T) 12.50 Grey's Anatomy. A male patient appears to be pregnant. (R) (T) 1.50 Quiz Call. 5.35 Wildlife SOS. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (R) 9.35 Bel's Boys. (R) (T) 9.50 Tricky Quicksies. (R) (T) 10.00 Art Attack. (T) 10.20 The Amazing Adrenalini Brothers. (T) 10.30 Drake & Josh. (R) (T) 11.00 King Arthur's Disasters. (R) (T) 11.30 Coastal Kitchen. (T) 12.00 Saturday Cooks! Live. (T) 1.30 ITV News and Weather. (T) 1.35 London Today: Weather. (T) 1.40 American Idol. (T) 2.40 FILM: Agatha Christie's Dead Man's Folly (1986). Mystery, starring Peter Ustinov. (T) 4.25 Crocodile Hunter Diaries. (R)

5.20 London Tonight; Weather. (T) 5.35 ITV News and Sport; Weather. (T) 5.50 Harry Hill's TV Burp. The quirky comic presents a humorous review of the week's programmes, casting his eye over TV favourites including Primeval, Emmerdale and Coronation Street. (T)

6.20 Dancing on Ice. The semi-final sees the four remaining stars take to the rink to showcase the routines they have been perfecting over the past week. Phillip Schofield and Holly Willoughby host. (T)

7.20 Primeval. A prehistoric winged reptile arrives in the 21st century through an aerial anomaly and makes a beeline for Connor. Abby soon discovers a pack of the creature's smaller - but more vicious - relatives, which attack the golf club where Claudia is being treated for an earlier attack. Cutter manages to escape unharmed and goes to seek help, but the building bursts into flames - with his colleague still inside. (T)

8.20 Who Wants to Be a Millionaire? Chris Tarrant hosts a new series of the big-prize quiz, inviting another line-up of contestants to have a go at answering 15 questions that could change their lives. Lifelines Ask the Audience, Phone a Friend and 50-50 are, as ever, available to the contestants if they get stuck. (T)

9.20 Dancing on Ice: The Skate Off. Phillip Schofield and Holly Willoughby return with the result of the viewers' vote and reveal which couple has gained enough public support to win the competition. (T) 9.50 Al Murray's Happy Hour. The X Factor judge and pop mogul Louis Walsh drops in to the bar to chat about all things musical with the Pub Landlord, while model Penny Lancaster spills the beans on life as Rod Stewart's fiancée. Last in series. (T)

10.50 ITV News and Weather; Weather. (T) 11.05 Big Fight Live. Derry Matthews v John Simpson. (T)

12.05 Make Your Play; ITV News Headlines. 3.20 Don't Move, Improve. (R) (T) 3.50 Don't Move, Improve. (R) (T) 4.30 ITV Nightscreen.

## LOCAL

**RTP1**  
0700 Brinca Comigo 0900 Ecoman 1000 O Ultimo Leopardo 1100 Descobrir Portugal 1200 A Minha Sogra é um Bruxa 1230 Destinos.PT 1300 News 1415 Top+ 1545 Film TBA 1715 Police Academy 6: City Under Siege, film 2100 A Voz do Cidadão 2115 Dança Comigo 0030 Vampires, film

**RTP2**  
0645 Weather 0700 Euronews 0730 Africa 7 Days 0800 News 0900 University 1200 Vida por Vida 1230 Câmara Clara 1330 Bombordo 1400 Parlamento 1500 Sport 1900 Couto & Coutadas 1930 Geração Cientista 2000 Hi Hi Puffy Ami Yumi 2030 Kultu 2100 Vidas 2150 Loto Draw 2200 News 2300 Film TBA 0030 Film TBA

**SIC**  
0700 Children TV 0900 Disney Kids 1100 Uma Aventura 1200 Our World 1300 News 1400 Extase 1500 Ghost Whisperer 1700 Film TBA 2000 News 2145 Floribella 2030 Cobras & Lagartos 0015 Film TBA  
**TVI**  
0700 Children TV 1000 O Banho Dos Quatro 1130 DeLuxe 2000 News 1400 Film TBA 1600 Film TBA 1800 Film TBA 2000 News 0015 Film TBA 0230 Medium, series 0330 Video Choque 0430 é a Vida

## Best of the Rest

**BBC3**  
7.00 Three's Out-Takes 7.05 Eaten Alive 7.35 Top Gear 8.40 Comic Relief Does Fame Academy 9.50 Little Britain 10.20 Comic Relief Does Fame Academy 11.20 Two Pints of Lager and a Packet of Crisps 11.50 Two Pints of Lager and a Packet of Crisps 12.20 EastEnders Special: The Wicks Family 12.50 Two Pints of Lager and a Packet of Crisps 1.20 Two Pints of Lager and a Packet of Crisps 1.50 Eaten Alive 2.20 Teens Hooked on Porn 3.20 Close

**BBC4**  
7.00 Film: The Mill on the Floss PG (1997) 9.00 The Year in Chat: 1997 10.00 Hotel 10.30 Film: Face 18 (1997) 12.10 The Year in Chat: 1997 1.10 Proms on Four 3.15 The Year in Chat: 1997 4.15 Close

**ITV2**  
3.00 Holiday Showdown 4.00 Australian Princess 4.50 ITV at the Movies 5.20 Smallville 6.20 Smallville 7.20 Australian Princess 8.20 Dancing on Ice: Defrosted 9.20 Harry Hill's TV Burp 9.50 Dancing on Ice: Defrosted Results 10.20 Film: Stop! Or My Mom Will Shoot PG (1992) 12.05 Dancing on Ice 1.05 Dancing on Ice: The Skate Off 1.35 Dancing on Ice: Defrosted Results 2.00 Make Your Play: ITV Play 3.15 Emmerdale 6.00 Close

**Sky One**  
1.00 Star Trek: The Next Generation 2.00 Star Trek: The Next Generation 3.00 Stargate SG-1 4.00 Futurama 4.30 Futurama 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Futurama

7.00 Futurama 7.30 Futurama 8.00 Project Catwalk 9.00 Bones 10.00 24 11.00 Nip/Tuck 12.05 Sport Uncovered 1.00 Street Wars 1.50 Uncut! 2.40 Footballers' Pads 3.05 Footballers' Pads 3.30 Star Trek: The Next Generation 4.20 Star Trek: The Next Generation 5.10 Stingray 5.35 Stingray

**UKTV Gold**  
1.15 Film: Columbo: Blueprint for Murder PG (1972) 2.50 dinnerladies 3.30 Only Fools and Horses 4.10 My Family 4.50 Last of the Summer Wine 5.35 Keeping Up Appearances 6.15 Keeping Up Appearances 6.55 dinnerladies 7.35 Only Fools and Horses 8.15 Family Towers 9.00 Jonathan Creek 10.10 Film: Sister Act II: Back in the Habit PG (1993) 12.10 The Office 12.50 Jack Dee's Happy Hour 1.25 Doctor Who 2.20 Friday Night with Jonathan Ross 3.10 Friday Night with Jonathan Ross 4.00 Holby City 4.55 EastEnders 5.30 EastEnders

**TCM**  
1.00 Brigadoon U (1954) 3.00 Somebody Up There Likes Me PG (1956) 5.00 It Happened at the World's Fair U (1963) 6.55 The Big Sleep PG (1946) 9.00 A Nightmare on Elm Street 18 (1984) 10.40 Mutiny on the Bounty 15 (1962) 1.50 The Mask of Fu Manchu PG (1932) 3.00 Teleshopping

**The Disney Channel**  
Kids' programmes from 7am, except 4.00 Film: Cheetah Girls U (2003) Premiere. Family comedy, starring Raven-Symone.

## Sky Movies 1

6.00 Deck the Halls U (2005) 7.40 Victim of Love PG (1993) 9.25 What Love Sees PG (1996) 11.10 Anna's Dream PG (2002) Premiere. Drama starring Lindsay Marie Felton. 12.45 National Treasure PG (2004) Action adventure, starring Nicolas Cage. 3.00 Victim of Love PG (1993) Fact-based drama, with Dwight Schultz. 4.40 What Love Sees PG (1996) Emotional drama, starring Richard Thomas. 6.20 Anna's Dream PG (2002) Premiere. Drama starring Lindsay Marie Felton. 8.00 National Treasure PG (2004) Action adventure, starring Nicolas Cage. 10.15 The Longest Yard 12 (2005) Comedy, starring Adam Sandler and Burt Reynolds. 12.15 Nothing to Lose 15 (1997) Comedy, starring Tim Robbins. 2.00 Never Die Alone 18 (2004) Crime thriller, starring DMX. 3.35 Churchill: The Hollywood Years 15 (2004) 5.05 Deck the Halls U (2005)

## Sky Movies 2

7.00 Bingo U (1981) 8.55 Son of the Mask PG (2004) 10.45 Dr Dolittle 3 PG (2006) 12.30 Bingo U (1991) Comedy drama, with Cindy Williams. 2.15 Bewitched PG (2005) Romantic comedy, starring Nicole Kidman. 4.00 Son of the Mask PG (2004) Comedy

sequel, starring Jamie Kennedy. 5.45 Dr Dolittle 3 PG (2006) Comedy sequel starring Kyla Pratt. 7.30 Sky Movies News 8.00 Memoirs of a Geisha 12 (2005) Premiere. Drama, starring Ziyi Zhang. 10.25 Bewitched PG (2005) Romantic comedy, starring Nicole Kidman. 12.10 Memoirs of a Geisha 12 (2005) Premiere. Drama, starring Ziyi Zhang. 2.35 Before Sunset 15 (2004) Romantic drama, starring Ethan Hawke. 4.15 The Derby Stallion PG (2005)

## Sky Cinema 1

6.00 The Evil of Frankenstein PG (1964) 7.35 Moonshine U (1918) 7.55 Hondo PG (1953) 9.25 Pay Day U (1922) 9.55 The Ten Commandments U (1956) 1.35 College U (1927) Classic comedy, starring Buster Keaton. 2.50 Hondo PG (1953) Western, starring John Wayne. 4.20 The Ten Commandments U (1956) Biblical epic, starring Charlton Heston. 8.00 Alice Doesn't Live Here Anymore PG (1974) Emotional drama, with Ellen Barkin. 10.00 The Fly 18 (1986) Horror remake, starring Jeff Goldblum. 11.40 Noises Off 15 (1992) Bawdy comedy, starring Michael Caine. 1.30 The Fly 18 (1986) Horror remake, starring Jeff Goldblum. 3.15 Noises Off 15 (1992) 5.05 The Evil of Frankenstein PG (1964)

## Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Soccer AM's All Sports Show 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 5.45 Live Super League. Hull Kingston Rovers v Leeds Rhinos (Kick-off 6.00pm). 8.00 Champions League Weekly 8.30 Live Spanish Football. Barcelona v Real Madrid (Kick-off 9.00pm). 11.15 Super League 12.45 Champions League Weekly 1.15 Spanish Football 1.45 Sky Sports Classics 2.00 Super League 3.30 Spanish Football 4.00 Champions League Weekly 4.30 Super League

## Sky Sports 2

6.00 Live European Tour Golf. The Singapore Masters. 9.00 Friday Night Fight 11.00 Max Power 12.00 World Sport 12.30 Live Badminton. The All England Championships. 5.00 Max Power 6.00 Sports Unlimited 7.00 World Sport 7.30 Golf Night 10.00 Max Power 11.00 Sports Unlimited 12.00 Golf Night 2.30 Max Power 3.30 High Altitude 4.00 Sports Unlimited 5.00 Race World

## Sky Sports 3

6.00 World Sport 6.30 Live Rugby Union. Blues v Lions (Kick-off 6.35am). 8.30 Live Rugby Union. Waratahs v Bulls (Kick-off 8.40am). 10.30 World Sport 11.00 WWE: Smackdown 1.00 WWE: Bottom Line 2.00 European Tour Golf 5.00 WWE: Smackdown

7.00 WWE: Bottom Line 8.00 Rugby Union 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Rugby Union 4.00 Bass Fishing 5.00 High Altitude 5.30 Wild Spirits

## British Eurosport

7.30 World Rally Championship 8.00 MotoGP 8.15 Live MotoGP. An introduction to the Grand Prix of Qatar. 8.45 Live MotoGP. The Grand Prix of Qatar 125cc race. 10.00 Live MotoGP. The Grand Prix of Qatar 250cc race. 11.15 Live MotoGP. The Grand Prix of Qatar MotoGP race. 1.00 Biathlon. World Cup coverage from Holmenkollen. 2.15 Nordic Combined Skiing 2.45 Ski Jumping 3.15 Live Ski Jumping. World Cup coverage from Lahti, Finland. 5.00 Eurosport Buzz 5.30 MotoGP 6.00 Live World Touring Car Championship. The qualifying session from Curitiba in Brazil. 6.45 Rallying 7.00 Live Boxing. Antonio Joao Bento v Leva Kirakosyan. 9.30 Live Speed Skating. The World Single Distances Championships. 11.30 MotoGP 1.00 Close

## Sky Sports Xtra

6.00 World Spirits 6.30 Tight Lines 7.30 Football League 9.00 Racing News 10.00 Spirit of Yachting 10.30 NBA Basketball 12.30 Super League 2.00 Friday Night Fight 4.00 NBA Basketball 6.00 Live Tennis. The Pacific Life Open. 12.00 Badminton 4.30 ATP Tennis 5.00 Triathlon

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## BBC1

6.00 Breakfast. (T) 9.00 Sunday AM; (T) BBC News. (T) 10.00 Heaven & Earth with Gloria Hunniford. (T) 10.45 Countryfile. (T) 11.30 The Politics Show. (T) 12.30 Match of the Day Live: The FA Cup. Chelsea v Tottenham Hotspur (Kick-off 12.45pm). (T) 2.45 Six Nations 2007. England v France (Kick-off 3.00pm). (T)

5.05 Cricket World Cup. Manish Bhasin presents a preview of this year's tournament in the West Indies, where Australia are the defending champions and favourites to retain the crown, despite modest form of late. (T)

5.25 BBC News; Regional News; Weather. (T) 5.50 Match of the Day Live: The FA Cup. Plymouth Argyle v Watford (Kick-off 6.00pm). (T)

8.00 Comic Relief Does Fame Academy. Patrick Kielty and Claudia Winkleman present as celebrities take part in Swing Night, putting on performances inspired by the Rat Pack and Burt Bacharach, and taking part in their first group songs. Vocal coaches Carrie and David Grant, choreographer Kevin Adams and tutor Jeremy Milnes give their expert advice before the competitors perform live, in the hope of impressing the judges. Further coverage follows on BBC Three, and the results can be seen at 10.15. (T)

9.00 Castaway. Danny Wallace discovers how the contestants are getting along as he presents the first weekly round-up of events. He reveals the relationships that have formed among the castaways during their first seven days on the island, and learns how they have coped without electricity and running water. (T)

10.00 BBC News; Weather. (T)

10.15 Comic Relief Does Fame Academy. The three celebrities with the fewest votes perform for the second time in an attempt to stay in the competition. Judges Richard Park, Lesley Garrett and Craig Revel Horwood save the performer who has impressed them most, before their fellow students decide which of the remaining unlucky pair to send home. (T)

10.50 3lbs. New medical drama series, following the work of New York's top neurosurgeons, including the talented Dr Doug Hanson (Stanley Tucci) and fledgling Dr Jonathan Seger (Mark Feuerstein). A teenage girl collapses while playing the violin in concert, and is later diagnosed with a brain tumour. (T)

11.35 FILM: Life or Something Like It (2002). Screwball comedy, with Angelina Jolie; (T) Weatherview.

1.15 Sign Zone: Antiques Roadshow. (R) (T) 2.05 Sign Zone: Bill's Food. (R) (T) 2.35 Sign Zone: Gene Detectives. (R) (T) 3.20 BBC News 24. (T)



## BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Tweenies; (R) (T) CBeebies Birthdays. (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Bafnk. (R) (T) 7.10 The Batman. (R) (T) 7.30 Smile. (T) 10.00 Something for the Weekend. (T) 11.30 Planet Food. (R) (T) 12.00 Animal Park; (T) Coast. (T) 12.35 FILM: Pillow Talk (1959). Romantic comedy, starring Doris Day and Rock Hudson. (T) 2.15 EastEnders. (T) 4.35 Songs of Praise. (T) 5.10 MasterChef Goes Large. (R) (T) 5.40 Secret Gorillas of Mondika. (R) (T) 6.10 Meerkat Manor. (T) 6.35 Meerkat Manor. (T) 7.00 Crufts 2007. The finalists compete for the title of Best in Show. Last in series. (T) 9.00 The Trap: What Happened to Our Dreams of Freedom. New series of films exploring the concept of freedom. Film-maker Adam Curtis argues that a simplistic model of human beings as self-seeking creatures led to today's idea of freedom. (T) 10.00 Kombot Opera Presents. Jon Culshaw portrays Question Time's David Dimbleby, who is fired from the political debate show - but returns to raise the standard after seeing what it has become without him. (T) 10.30 Graham Norton Uncut. (T) 11.15 FILM: Block Party (2005). Premiere. Music documentary, featuring Dave Chappelle. (T) 12.55 Rugby Union. Highlights of Gloucester v Leicester Tigers. (T) 1.20 Family Guy. (T) 1.45 Family Guy. Lois takes the family to see her long-lost brother. (T) 2.05 FILM: Swimming with Sharks (1994). Black comedy, starring Kevin Spacey. (T) 3.35 Close.

## Pick of the Day

## Grey's Anatomy (five, 8pm)

Fans of the hit US medical drama are in for a treat thanks to these two pulse-racing editions from season two. The first centres on Addison Shepherd (Kate Walsh), who is delighted when old pal Savannah (Arija Bareikis) arrives at Seattle Grace Hospital. However, it soon becomes clear this is not a social call. The visitor's mother recently died from ovarian cancer and Savvie discovered she too has the gene, making her susceptible to the disease, which is why she wants not only a hysterectomy but also a double mastectomy. Addison is shocked by her decision and stresses that surgery is pointless as she doesn't have cancer, but her friend's mind is made up. Meanwhile, George (TR Knight) gets a new lease of life when he's almost hit by a window-cleaner. The man has fallen five storeys, but survives the near-fatal plunge, suffering just a broken leg. George is miffed when his patient refuses to join in with his 'seize the day' attitude, and soon begins to realise the fall may have been no accident. In the second edition, Izzie (Katherine Heigl) arranges a Thanksgiving dinner at Meredith's (Ellen Pompeo), but not everything goes to plan.

## C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 Five Oceans. 8.00 World Cup Skiing. 8.55 T4: Popworld. (R) (T) 9.40 T4: Hollyoaks. (T) 12.10 T4: Shipwrecked 2007: The Hutcam Diaries. (T) 12.45 T4: Musicol. (T) 1.45 T4: Gareth Gates: Video Exclusive. (T) 1.50 T4: Beauty & the Geek. (T) 2.50 T4: The OC. (T) 3.50 T4: Ugly Betty. (R) (T) 4.50 Deal or No Deal. (T) 5.35 Time Team. (T) 6.35 Shipwrecked 2007: Battle of the Islands. (T) 7.40 Channel 4 News. (T) 8.00 The Last Slave. Black Londoner David Monteith goes on a journey of personal discovery, as he sets out to discover how much his family's history and identity was affected by the British slave trade. His search leads him to Nigeria, where he makes some uncomfortable and unexpected discoveries about his ancestors and the nature of slavery. (T) 9.00 FILM: My Big Fat Greek Wedding (2002). A woman is thrilled to land the man of her dreams - but her crazy family look set to ensure nothing goes to plan. Romantic comedy, starring Nia Vardalos and John Corbett. (T) 10.40 FILM: Amelie (2001). Romantic drama, starring Audrey Tautou. (T) 12.50 4Music: Wireless Festival. (R) (T) 1.55 4Music: 4Play: Howling Bells. (R) (T) 2.10 Mindshock: Transplanting Memories? (R) (T) 3.10 3 Minute Wonder: Losing Myself. (R) (T) 3.15 3 Minute Wonder: Losing Myself. (R) (T) 3.20 Five Oceans. (R) 3.50 World Cup Skiing. (R) 4.45 The Insider: Bring Back the Orphanage. (R) (T) 5.15 Countdown. (R) (T)

## FIVE

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Sailor Sid. (R) (T) 6.40 Bird Bath. (R) (T) 6.50 Franklin. (R) (T) 7.20 Miss Spider's Sunny Patch Friends. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 Rupert Bear. (R) (T) 8.45 Rupert Bear. (R) (T) 9.00 Shake! Jane and the Dragon. (R) (T) 9.30 What Makes Me Happy. (R) (T) 9.45 Demolition Dad. (R) (T) 10.00 Round the Twist. (R) (T) 10.30 A Different Life. (R) (T) 11.00 Billie, Girl of the Future. (R) (T) 11.35 RAD: The Grooms Tour the Baltics. (T) 12.05 Rooted. (R) (T) 12.35 Revelations. (R) (T) 1.10 five news update. (T) 1.15 Divine Designs. (R) (T) 1.45 FILM: Mutiny on the Bounty (1962). Maritime adventure, starring Marlon Brando. (T) 5.05 five news and sport. (T) 5.15 FILM: Hook (1991). Peter Pan adventure, starring Robin Williams. (T) 8.00 Grey's Anatomy. Derek and Addison's friends have a medical crisis. (T) 9.00 Grey's Anatomy. Izzie plans a Thanksgiving dinner, but it looks unlikely all the invited guests will turn up. Meanwhile, Meredith treats a patient who has been in a vegetative state for 16 years. (T) 10.00 FILM: Snatch (2000). A happy-go-lucky boxing promoter and his dim-witted sidekick are drawn into a match-fixing racket and a diamond robbery. Comedy drama, starring Benicio Del Toro and Brad Pitt. (T) 12.00 Disorderly Conduct. (T) 1.00 Seniors Golf. 1.50 Golf. 2.40 Motorsport Mundial. 3.05 UEFA Cup Football. (R) 4.35 V8 Supercars. (R) 5.10 V8 Supercars.

## LOCAL

**RTP1**  
0700 Brincar Capang 0900 O Homen dos Leões 0930 Extreme Jobs 1000 Eucaristia Dominical 1100 Cria ur Urso Negro Babé 1200 A Minha Sogra é uma Bruxa 1230 Contra-Informação 1300 News 1415 Só Visto 1515 Prison Break 1600 1615 Film TBA 1800 Greys Anatomy 2000 News 2130 Gato Fedorento 0145 Film TBA  
**RTP2**  
0645 Meteorology 0700 Euronews 0830 África/global 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra Ao Mar 1130 Consigo 1230 Olhar o Mundo 1300 Discovery Hour 1345 Vidas 1445 A Voz do Cidadão 1500 Sport 1900 A Revolta dos Pastéis de Nata 2000 Teen Titans 2030 Futurama 2100 Bombardeio 2130 A Alma e a Gente 2200 News 2230 Diga lá Excelência 2315 Britcom 0000 Onida 0115 Christmas Concert from Bethlehem 0215 Desporto 0615 Euronews  
**SIC**  
0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 Film TBA 1545 Film TBA 2330 CSI Miami 0030 CSI Las Vegas 0130 Phenomenon II, film  
**TVI**  
0645 Children's TV 0900 Disney Kids 1100 Uma Aventura Perigosa 1200 BBC Wild Life 1300 News 1345 Film TBA 1530 Film TBA 1830 Film TBA 2000 News 2115 Morangos Com Açúcar 0200 Film TBA

## Best of the Rest

**BBC3**  
7.00 Freaky Eaters 8.00 Wedding Stories 9.00 Comic Relief Does Fame Academy 10.00 Castaway Exposed 10.50 Comic Relief Does Fame Academy 11.45 Wedding Stories 12.45 Castaway Exposed 13.00 Torchwood 2.25 Freaky Eaters 3.25 Close  
**BBC4**  
7.00 EastEnders: Ricky and Bianca's Wedding 7.30 Full Circle with Michael Palin 8.20 Trouble at the Top 9.00 1997: A Year on TV 10.00 Bright Hair 12.05 1997: A Year on TV 1.05 Proms on Four 3.10 1997: A Year on TV 4.10 Close  
**ITV2**  
1.55 Film: Stop! Or My Mom Will Shoot PG (1992) 3.35 Coronation Street 6.00 American Idol 7.00 American Idol 8.00 American Idol 9.00 Supernatural 10.00 Film: True Lies 15 (1994) 12.45 Coronation Street 1.15 The Office: An American Workplace 1.45 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close  
**Sky One**  
1.00 Star Trek: The Next Generation 2.00 Star Trek: The Next Generation 3.00 Stargate Atlantis 4.00 Project Catwalk 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Dream Team 9.00 24 10.00 Lost 11.00 Rescue Me 12.00 The Dresden Files 1.00 Battlestar Galactica 1.50 Uncut! Best Unseen Ads 2.15

Uncut! Best Unseen Ads 2.40 The 4400 3.30 Star Trek: The Next Generation 4.20 Star Trek: The Next Generation 5.10 Star Trek: Voyager  
**UKTV Gold**  
1.00 Open All Hours 1.40 Open All Hours 2.20 Porridge 3.00 Porridge 3.40 Film: Sister Act II: Back in the Habit PG (1993) 5.50 Film: Carry On Cruising U (1962) 7.40 Only Fools and Horses 9.00 Dalziel and Pascoe 10.55 Gimme Gimme Gimme 11.40 Two Pints of Lager and a Packet of Crisps 12.20 Film: Vertical Limit 12 (2000) 2.45 Gimme Gimme Gimme 3.20 The House of Eliott 4.15 Baywatch 5.05 EastEnders 5.35 Neighbours  
**TCM**  
1.00 Adventures of Don Juan U (1948) 3.00 High Society U (1956) 5.00 Gone with the Wind PG (1939) 9.00 Caddyshack 15 (1980) 10.50 Pat Garrett and Billy the Kid 15 (1973) 1.15 Brainstorm 15 (1983) 3.00 Teleshopping  
**The Disney Channel**  
Kids' programmes from 7am, except:

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

## MOVIES

## Sky Movies 1

6.40 Me and the Kid PG (1993) 8.20 The Wool Cap PG (2003) 10.10 Captain Ron PG (1992) 12.00 The War PG (1994) Heart-warming drama, starring Kevin Costner. 2.20 The Wool Cap PG (2003) Drama, starring William H Macy. 4.00 Captain Ron PG (1992) Maritime comedy, starring Kurt Russell. 5.50 The War PG (1994) Heart-warming drama, starring Kevin Costner. 8.00 North Country 15 (2005) Premiere. Drama starring Charlize Theron. 10.15 Practical Magic 12 (1998) Fantasy, starring Sandra Bullock. 12.05 The Forgotten 12 (2004) Psychological thriller, starring Julianne Moore. 1.40 The Escapist 15 (2001) Thriller, starring Jonny Lee Miller. 3.25 Being Julia 12 (2004) 5.15 Me and the Kid PG (1993)

## Sky Movies 2

6.15 Hometown Legend PG (2002) 8.15 The Adventures of Brer Rabbit U (2006) 9.30 One Fine Day PG (1996) 11.20 Finding Neverland PG (2004) Magical drama, starring Johnny Depp. 1.05 Hometown Legend PG (2002) Drama, starring Terry O'Quinn. 2.55 The Adventures of Brer Rabbit U (2006) Premiere. Animated fun with the voice of Nick Cannon. 4.10 One Fine Day PG (1996) Romantic comedy, starring

George Clooney and Michelle Pfeiffer. 6.00 Finding Neverland PG (2004) Magical drama, starring Johnny Depp. 8.00 Wedding Crashers 15 (2005) Comedy, starring Owen Wilson and Vince Vaughn. 10.00 The Transporter 2 15 (2005) Action adventure sequel, starring Jason Statham. 11.30 The Cave 12 (2005) Claustrophobic horror, starring Morris Chestnut. 1.15 The Perfect Wife PG (2000) Thriller, starring Perry King. 2.55 Nowhere Land PG (1999) Thriller, starring Peter Dinklage. 4.30 Hometown Legend PG (2002)

## Sky Cinema 1

6.45 DOA PG (1950) 8.15 The Hindenburg PG (1975) 10.25 Miracle on 34th Street U (1947) 12.15 The Glenn Miller Story U (1953) Musical biopic, starring James Stewart. 2.10 The Hindenburg PG (1975) Disaster movie. George C. Scott stars. 4.20 Miracle on 34th Street U (1947) Christmas fantasy, starring Edmund Gwenn. 6.05 The Glenn Miller Story U (1953) Musical biopic, starring James Stewart. 8.00 The Color Purple 15 (1985) Powerful drama, starring Whoopi Goldberg. 10.40 Black Rain 18 (1989) Thriller, starring Michael Douglas. 12.50 Love on the Run 12 (1979) Drama, starring Jean-Pierre Léaud. 2.25 Black Rain 18 (1989) Thriller, starring Michael Douglas. 4.35 DOA PG (1950)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Mr Bean: The Animated Series. (R) 9.35 Feodor. 9.45 Curious George. (T) 9.55 Pocoyo. (T) 10.05 Jim Jam & Sunny. (T) 10.20 Jim Jam & Sunny. (T) 10.30 The Championship. (T) 11.30 The Sunday Edition. (T) 12.30 London Today; Weather. (T) 12.35 American Idol. (T) 2.35 Dancing on Ice. (R) (T) 3.35 Dancing on Ice: The Skate Off. (R) (T) 4.05 Primeval. (R) (T)

5.05 F1: Chasing the Dream. Steve Rider introduces a look behind the scenes at McLaren's base in Surrey, as their new line-up of drivers - Fernando Alonso and Lewis Hamilton - prepare for the new season. (T)

6.05 The Planet's Funniest Animals. Film, video and TV footage featuring troublesome pets and crazy wild animals. (T)

6.30 London Tonight; Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Coronation Street Family Album. Profile of the Barlows, featuring interviews with Corrie regulars including William Roache, alias Ken, who made his debut in the very first episode and has been around ever since. (R) (T)

7.30 Coronation Street. Deirdre confronts Tracy about the nature of her relationship with David. Carla suspects Liam and Paul are hiding something, while Sean tells Sonny they cannot be together. (T)

8.00 Wild at Heart. Du Plessis makes it plain he has no intentions of celebrating his 60th birthday, while Danny's treatment of a lioness ends in tragedy. Drama, with Stephen Tompkinson. (T)

9.00 Fallen Angel. New three-part crime drama, focusing on a series of murders from the viewpoints of those living through the terrible events. The first programme opens in modern-day London with the abduction of a five-year-old girl, with subsequent episodes tracing the root of the story into the past and examining the complex relationships between killer and victim. Starring Charles Dance, Emilia Fox and Clare Holman, and based on the novels by Andrew Taylor. Continues tomorrow. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 Victoria Wood: A South Bank Show Special. Melvyn Bragg presents a profile of the comedienne, actress, singer and writer, joining her in Salford as she makes the final preparations for the Acorn Antiques tour. (T)

11.45 The Moral of the Story. The ethics of the news stories that shaped the week. (T)

12.15 Glitterball; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

## SPORT

## Sky Sports 1

6.00 Live European Tour Golf. The Singapore Masters. 9.00 Champions League Weekly 9.30 Spanish Football 10.00 Jimmy Hill's Sunday Supplement 11.00 Goals on Sunday 12.30 Spanish Football 1.00 Live Rugby Union. Gloucester v Leicester Tigers (Kick-off 1.00pm). 3.00 Live FA Cup Football. Blackburn Rovers v Manchester City (Kick-off 4.00pm). 6.30 Champions League Weekly 7.00 Football League Review 8.00 Live Spanish Football. Osasuna v Valencia (Kick-off 8.00pm). 10.00 FA Cup Football 11.00 Live World Cup Cricket. The opening ceremony in Jamaica. 1.00 Spanish Football 3.00 FA Cup Football 4.00 Close

## Sky Sports 2

6.00 Max Power 7.00 Spanish Football 7.30 Super League 9.00 Rugby Union 11.00 Super League 12.30 Live Badminton. The All England Championships. 5.00 High Altitude 5.30 World Sport 6.00 Rugby Union 7.30 Golf Night 10.00 Rugby Union 11.30 FIFA Futbol Mundial 12.00 Golf Night 2.30 Close

## Sky Sports 3

6.00 Watersports World 7.00 World Sport 7.30 Wild Sports 8.00 WWE: Bottom Line 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Wild Sports 11.30 Racing News 12.00 High Altitude 12.30 European Tour Golf 3.30 Watersports World 4.30 Wild Sports 5.00 WWE: Experience 6.00 Watersports

World 7.00 Wild Sports 7.30 Live NBA Basketball. Sacramento Kings v Denver Nuggets (Tip-off 7.30pm). 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 Football League Review 1.00 Rugby Union 2.30 Close

## British Eurosport

7.30 World Rally Championship 8.00 World Touring Car Championship 8.30 Gooolah 8.45 Live Cross-country Skiing. Coverage of the World Cup meeting from Lahti, Finland. 10.00 Live Alpine Skiing. The World Cup meeting in Kvitfjell. 11.30 Live Biathlon. World Cup coverage from Holmenkollen. 12.15 Live Alpine Skiing. The World Cup meeting from Zweisles, Germany. 12.45 Live Ski Jumping. World Cup coverage from Lahti, Finland. 2.30 Biathlon 3.00 Live World Touring Car Championship. Coverage of the first race from Curitiba in Brazil. 4.00 Cycling 5.00 Biathlon 5.30 Winterpark Weekend 6.00 Live World Touring Car Championship. Coverage of the second race from Curitiba in Brazil. 7.00 Rallying 7.15 Live Speed Skating. The World Single Distances Championships. 10.00 Speed Skating 11.00 MotoGP 11.30 Motorsports Weekend 12.00 Winterpark Weekend 12.30 Close

## Sky Sports Xtra

6.00 Bass Fishing 7.00 Badminton 11.30 Bass Fishing 12.30 Max Power 1.30 World Motor Sport 4.00 Tennis 6.00 Live Tennis. The Pacific Life Open. 12.00 Badminton 4.30 Close

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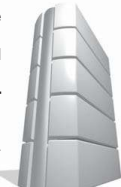
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6.00 Breakfast. (T) 9.15 Beat the Bailiff. (T) 10.00 Escape to the Country; (T) BBC News; Weather. (T) 11.00 How to Live Longer. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.40 Raven. (T) 3.45 Shaun the Sheep. (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 Comic Relief Does Fame Academy on CBBC. (T) 5.00 MI High. (T) 5.30 Newsround. (T) 5.35 Neighbours. Chris reveals the truth to her family. (R) (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 Comic Relief Does Fame Academy. Patrick Kielty and Claudia Winkleman present as the remaining seven celebrities continue to do battle in the talent contest. Vocal coaches Carrie and David Grant, choreographer Kevin Adams and tutor Jeremy Milnes give their expert advice before the competitors perform live, who are hoping to impress judges Richard Park, Lesley Garrett and Craig Revel Horwood. Further coverage follows on BBC3 and the results can be seen at 9.00. (T)

8.00 EastEnders. Kevin attempts to reconcile with his family after his indiscretion, but finds Denise less than welcoming. Ben and Stella's new-found understanding suffers a setback. (T)

8.30 Panorama. A woman whose daughter was murdered by a stalker seeks answers from those she holds responsible, and visits San Diego to see their zero tolerance policy on stalking. (T)

9.00 Comic Relief Does Fame Academy. The three celebrities with the fewest votes attempt to impress the judges and their fellow students in a bid to stay in the competition. Patrick Kielty and Claudia Winkleman present. (T)

9.30 Traffic Cops. The working life of traffic police, as the Hampshire branch are called to a fatal accident caused by dangerous driving on the M3 motorway. Family Liaison officer Pete Haywood has the unenviable task of informing the victim's relatives, while the investigating officers piece together a prosecution case. (R) (T) 10.00 BBC News at Ten O'Clock. (T) 10.30 Regional News; Weather. (T) 10.35 Sleep Clinic. (T)

11.05 Film 2007 with Jonathan Ross. (T) 11.35 FILM: Heavenly Creatures (1994). Fact-based drama, starring Kate Winslet; (T) Springwatch Weatherview. (T)

1.15 Sign Zone: The Wild West. (R) (T) 2.15 Sign Zone: Top Gear. (R) (T) 3.15 Sign Zone: Gene Detectives. (R) (T) 4.00 BBC News 24. (T)



## BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers. (R) (T) 6.40 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (R) (T) 7.20 Diddy Dick & Dom. (T) 7.25 Newsround. (T) 7.30 The Story of Tracy Beaker. (R) (T) 7.45 Comic Relief Does Fame Academy on CBBC. (T) 8.15 ChuckleVision. (R) (T) 8.30 CBeebies: Brum. (R) (T) 8.40 Tweenies. (T) 9.00 Doodle Do. (T) 9.20 Lunar Jim. (R) (T) 9.30 Something Special. (T) 9.45 Numberjacks. (R) (T) 10.00 Nina and the Neurons. (T) 10.15 Underground Ernie. (R) (T) 10.30 Schools: Watch. (T) 10.45 Words and Pictures. (T) 11.00 Maths Challenge. (T) 11.15 Maths Challenge. (T) 11.30 Shakespeare: The Animated Tales. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: What? Where? When? Why? (T) 1.15 Something Special. (T) 1.30 FA Cup Draw. The semi-final draw. (T) 1.40 Coast. (R) (T) 1.45 Animal Park. (R) (T) 2.45 Castle in the Country. (R) (T) 3.15 Sudo-Q. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (R) (T) 7.00 The Trees That Made Britain. Part one of two. The history of the oak. (R) (T) 7.30 Nation on Film. The growth of women's football. (R) (T) 8.00 University Challenge. The University of Durham v the University of Edinburgh. (T) 8.30 MasterChef Goes Large. The three finalists prepare food for the cast of Casualty. (T) 9.00 The Retreat. The month of Ramadan begins. Last in series. (T) 10.00 Ideal. Moz is warned of a drugs bust. (T) 10.30 Newsnight. (T) 11.20 21st Century Bach: The Complete Organ Works. 11.35 Stephen Fry: The Secret Life of the Manic Depressive. (R) (T) 12.40 Battle for the Amazon. (R) (T) 1.10 BBC News 24. 2.00 BBC Learning Zone.

## Pick of the Day

## The Gadget Show (five, 7.15pm)

With the new Playstation 3 leaving many games fans drooling, Jon Bentley and Jason Bradbury are desperate to get their hands on a deck, and embark on a race to find one hidden somewhere in London. However, what Jason doesn't know is, Jon will be furnished with some secret weapons to track his colleague's progress, enabling him to get one step ahead in the race. After browsing in the Spymaster shop, Jon selects a series of 007-style gadgets, including listening equipment, trackers and a device that will record everything Bradbury types on his computer. However, it's not long before Jason gets wise to the spying ploy and kits himself out with a few counter-surveillance items. You'll have to see which of them gets to the PS3 first, but if you soon tire of the faux James Bond scenario, then stay tuned because there are plenty of other goodies in store. The team take a look at the pros and cons of the iTunes, the device which allows you to play an iPod through a car radio. A few punters have been dogged by signal problems and some buyers find them hard to get to grips with, so the team give their verdict on those which give best value for money.

## C4

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Everybody Loves Raymond. (R) (T) 8.55 Frasier. (R) (T) 9.30 The KNTV Show; (R) (T) 3 Minute Wonder. 10.00 Power to the People; (R) (T) Burning Questions. 10.30 Engineering at the Cutting Edge; (R) (T) Burning Questions. 11.00 School of Hard Knocks; (R) (T) 3 Minute Wonder. 11.30 How Sport Shook Up the World; (R) (T) Burning Questions. 12.00 News at Noon. (T) 12.30 Will & Grace. (R) 1.00 FILM: The River's Edge (1957). Crime thriller, starring Ray Milland. (T) 2.30 A Place in the Sun. (R) (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Heavy Petting. New series about the world of pet owners. (T) 8.00 Dispatches: Charles: The Meddling Prince. An investigation into Prince Charles's political ambition. (T) 9.00 The Last Days of the Raj. Docu-drama marking the 60th anniversary of India's independence, charting the bloody events of 1947 that followed the end of the British Raj and the creation of new nations. (T) 10.35 ER. (T) 11.35 The Sopranos. (T) 12.40 4Music: Live from Abbey Road. (T) 1.45 Freesports on 4. (R) 2.15 World Cup Skiing. 4.00 Channel 4 Education. (R) (T)

## FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (T) 8.25 Thomas & Friends. (R) (T) 8.40 Titch. (R) (T) 8.50 Miao Miao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.30 FILM: Primal Secrets (1994). Mystery, starring Meg Tilly. (T) 3.30 FILM: Mary Higgins Clark's Remember Me (1995). Psychological thriller, starring Kelly McGillis. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 The Gadget Show. Jon Bentley tries out spy gadgets. (T) 8.00 Monster Moves. Documentary series following people who transport large structures for a living. The first programme features a Canadian villa being moved to Vancouver Island. (R) (T) 9.00 The Seven-Year-Old Surgeon: Extraordinary People. A boy who performs surgery. (R) (T) 10.00 Prison Break. The FBI stake out C-Note's reunion with his family. (T) 11.00 FILM: Fortress (1993). Sci-fi thriller, starring Christopher Lambert. (T) 12.50 US PGA Golf. 1.40 NASCAR. 2.30 French Football - Le Championnat. 3.20 Kickboxing: Now Is the Time - Night of Combat. 4.10 Boxing: Fight of the Week. 5.10 V8 Supercars. (R)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.59 London Weather. (T) 4.00 Dancing on Ice Exclusive. (T) 4.30 Agatha Christie's Poirot. (R) (T)

5.30 Dale's Supermarket Sweep. Fast-moving trolley-dash quiz, hosted by Dale Winton. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Barracough and Dasari's questioning prompts Kelly to admit she gave Jimmy a false alibi, while Pearl wrestles with her conscience. Rodney feels uncomfortable around Paul and Jonny. (T)

7.30 Coronation Street. Paul loses his temper, sacking Sean for boasting and causing the Underworld workforce to go on strike - just as Liam is preparing for a meeting with potential buyers. Janice returns from France and the Barlows head to Tracy's plea hearing. Dev's tired image gets an overhaul from Molly and Amber. (T)

8.00 Waterworld. Actor Glenn Carter, who played the iconic Jesus Christ Superstar, gives a tour of his narrowboat, explaining why it suits his lifestyle better than a house. Plus... hundreds of anglers find themselves blown out of the water at Milton Keynes and a Nottingham boater is away with the fairies. Narrated by Timothy West. (T)

8.30 Coronation Street. Liam reinstates Sean to end the strike after a disastrous business meeting. Carla continues to fret about Paul's behaviour before discovering the terrible secret her husband has been hiding for years. Peter is astonished at Tracy's confident attitude to her future, while Janice and Leanne catch up on the gossip. (T) 9.00 Fallen Angel. Part two of three. A teenage Rosie reacts badly to her father's remarriage to would-be author Vanessa, feeling she is no longer the most important thing in his life. Later, her step-mother's project on an Edwardian priest who was thrown out of the Church for his macabre practices provides fuel for the girl's bizarre religious beliefs. Concludes tomorrow. (T)

10.30 ITV News; Weather. (T)

11.00 Wags' Boutique. The two teams face another grueling task as they reach the half-way stage of the competition. Both sets of rival fashion retailers are feeling the strain of running their own boutiques, and it seems only a matter of time before something will give. June Sargpong presents. (T)

12.00 Champions League Weekly. (T) 12.30 Glitterball; ITV News Headlines. 4.05 ITV at Reading 2005. (R) (T) 5.00 ITV Nightscreen.

## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News 1410  
Los Ricos Tambien Lloran 1505  
Portugal no Coração 1715 Lingo  
1800 Portugal em Directo 1915 O  
Preço Certo 1955 Direito de  
Antena 2000 News 2100 Noticias  
Soltas 2130 Um Contra Todos  
0015 Film TBA  
**RTP2**  
0730 Zig Zag, cartoons 1330 The  
OC 1545 Fire Within 1645 A  
Minha Família e Outros Animais  
1800 Pica 1830 A Fé dos Homens  
1945 Zig Zag 2015 Pica 2045 Sim  
Amor 2115 A Alma e a gente 2145  
A Hora da Sorte 2200 News 2230  
Perto de Casa 2300 Mundos  
**SIC**  
0645 Sic Kids 0230 Flirbella 1000  
Fátima 1300 News 1415 O  
Profeta 1515 Contacto 1715  
Floribela 1915 Pé na Jaca 2000  
News 2115 Páginas da Vida 2315  
Jura 0015 Film TBA 0300 Bang  
Bang 0345 Olgar de Serpente  
**TVI**  
0700 Diário da Manhã 1000 Você  
na TV 1300 News 1400 Tu e Eu  
1515 Doce Fugitiva 1630 Quem  
Quer Ganha 1745 Morangos com  
Açúcar 2000 News 2130 Doce  
Fugitiva 2215 Tempo de Viver  
0015 Film TBA

(R)-repeat programme;  
(T)-programme with tele-  
text subtitles;  
(S)-programme broad-  
cast in stereo;  
(bw)-black and white.

## Best of the Rest

**BBC3**  
7.00 Castaway 8.00 Comic Relief  
Does Fame Academy 8.30  
Help! My Dog's as Fat as Me  
9.00 Castaway: The Last 24  
Hours 9.30 Comic Relief Does  
Fame Academy 10.00  
EastEnders 10.30 Castaway:  
The Last 24 Hours 11.00 Little  
Britain 11.30 Family Guy 11.50  
American Dad! 12.15 Help! My  
Dog's as Fat as Me 12.45 Comic  
Relief Does Fame Academy  
1.45 Comic Relief Does Fame  
Academy 2.15 Comic Relief  
Does Fame Academy 2.45  
Comic Relief Does Fame Academy  
3.15 Wedding Stories 4.15  
Close  
**BBC4**  
7.00 Panorama Revisited 8.00  
The World 8.00 Weather 8.30  
Wainwright Walks 9.00 Are We  
Having Fun Yet? 10.00 Hotel  
10.30 Tinker, Tailor, Soldier, Spy  
11.15 Wainwright Walks 11.45  
Are We Having Fun Yet? 12.45  
Proms on Four 2.55 Are We  
Having Fun Yet? 3.55 Close  
**ITV2**  
1.00 Emmerdale 1.30 The Jer-  
emy Kyle Show 2.35 The Jer-  
emy Kyle Show 3.40 Ricki Lake  
4.25 Sally Jessy Raphael 5.15  
Airline USA 5.45 Judge Judy  
7.00 The Planet's Funniest Ani-  
mals 7.30 Dancing on Ice 8.30  
Dancing on Ice: The Skate Off  
9.00 Film: True Lies 15 (1994)  
11.45 Haunted Homes 12.45  
Coronation Street 1.15 Coronation  
Street 1.45 Film: 10 Things  
I Hate About You 12 (1999) 3.30  
Glitterball: ITV Play 4.00  
Teleshopping 6.00 Close  
**Sky One**

1.00 Angel 2.00 Tru Calling 3.00  
Jake 2.0 4.00 Stargate SG-1  
5.00 Stargate SG-1 6.00  
Futurama 6.30 Futurama 7.00  
The Simpsons 7.30 The  
Simpsons 8.00 The Simpsons  
8.30 The Simpsons 9.00 Project  
Catalwalk 10.00 The Final 24 11.00  
Cold Case 12.00 Full Force  
Nature 1.00 Uncut! Naked in  
Westminster 1.50 Las Vegas  
Uncovered 2.40 The 4400 3.30  
Tru Calling 4.20 Star Trek: Voy-  
ager 5.10 Star Trek: Voyager  
**UKTV Gold**  
1.00 Last of the Summer Wine  
1.40 Keeping Up Appearances  
2.20 The Good Life 3.00 Open  
All Hours 3.40 Porridge 4.20 My  
Family 5.00 The Bill 6.00 The  
Bill 7.00 Open All Hours 7.40  
Porridge 8.20 My Family 9.00  
Only Fools and Horses 9.00  
The Vicar of Dibley 10.20 The  
Office 11.00 Only Fools and  
Horses 11.40 The Vicar of  
Dibley 12.20 The Office 1.00  
Gimme Gimme Gimme 1.40  
Holby City 2.35 Ballykissangel  
3.25 Ballykissangel 4.15  
EastEnders: Ricky and Bianca  
4.45 Ballykissangel 5.35  
Neighbours  
**TCM**  
1.05 The Prisoner of Zenda U  
(1952) 3.00 Please Don't Eat  
the Daisies U (1960) 5.05 Cap-  
tain Nemo and the Underwater  
City U (1969) 7.05 The Last  
Voyage PG (1960) 9.00 Marlowe  
PG (1969) 10.45 Lolita 15 (1962)  
1.30 Ringo and His Golden Pist-  
ol PG (1966) 3.00 Teleshopping  
**The Disney Channel**  
Kids' programmes from 7am,  
except:

## MOVIES

## Sky Movies 1

6.55 In the Line of Duty: Smoke  
Jumpers PG (1996) 8.35 In the  
Beginning 10.15 Scooby Doo  
in Where's My Mummy? U  
(2005) 11.45 Ice Bound PG  
(2003) Fact-based drama, star-  
ring Susan Sarandon. 1.25  
Project: ALF PG (1996) Com-  
edy, with Miguel Ferrer. 3.05  
In the Beginning 4.50 Scooby  
Doo in Where's My Mummy?  
U (2005) Animated adventure  
with the voice of Frank Welker.  
6.20 Ice Bound PG (2003) Fact-  
based drama, starring Susan  
Sarandon. 8.00 Star Wars:  
Episode III - Revenge of the  
Sith 12 (2005) Sci-fi adven-  
ture sequel, starring Hayden  
Christensen. 10.25 House of  
Wax 15 (2005) Horror, starring  
Elisha Cuthbert. 12.25 The Si-  
lence of the Hams 15 (1993)  
Spoon thriller, with Billy Zane.  
1.50 Renegades 18 (1989) Ac-  
tion adventure, starring Kiefer  
Sutherland. 3.40 The Trigger  
Effect 15 (1996) 5.20 In the  
Line of Duty: Smoke Jumpers  
PG (1996)

## Sky Movies 2

6.20 Air Bud: Seventh Inning  
Fetch U (2002) 8.10 The Ad-  
ventures of Pinocchio PG  
(1996) 10.00 Ernest Goes to  
Jail PG (1990) 11.45 The Leg-  
end of Zorro PG (2005) Swash-  
buckling adventure, starring  
Antonio Banderas. 2.00 Air Bud:  
Seventh Inning Fetch U (2002)  
Canine comedy, starring  
Caitlin Wachs. 4.00 The Ad-

ventures of Pinocchio PG  
(1996) Family fun, with Martin  
Landau. 5.55 Indie on Sky  
Movies 6.15 Ernest Goes to  
Jail PG (1990) Crazy comedy,  
starring Jim Varney. 8.00 The  
Legend of Zorro PG (2005)  
Swashbuckling adventure, star-  
ring Antonio Banderas. 10.10  
Deuce Bigalow: European  
Gigolo 15 (2005) Comedy se-  
quel, starring Rob Schneider.  
11.35 Face/Off 18 (1997) Ac-  
tion thriller, starring John  
 Travolta. 2.05 Taxi 12 (2004)  
Fast-paced thriller, starring  
Queen Latifah. 4.05 Air Bud:  
Seventh Inning Fetch U (2002)

## Sky Cinema 1

6.05 The Gold Rush U (1925)  
7.30 Speedy U (1928) 9.15 O  
Henry's Full House PG (1952)  
11.20 Zulu PG (1964) Fact-  
based drama, starring Michael  
Caine. 1.50 Speedy U (1928)  
Silent comedy starring Harold  
Lloyd. 3.30 O Henry's Full  
House PG (1952) Five short  
dramas, featuring Charles  
Laughton. 5.30 Zulu PG (1964)  
Fact-based drama, starring  
Michael Caine. 8.00 She's Hav-  
ing a Baby 15 (1988) Domestic  
comedy drama, starring Kevin  
Bacon. 10.00 The Wicked  
Lady 18 (1983) Period drama,  
starring Faye Dunaway. 11.50  
The Edukators 15 (2004) Po-  
litical drama, starring Daniel  
Brühl and Stipe Erceg. 2.10  
Bomben el Perro 15 (2004)  
Comedy drama, starring Juan  
Villagas. 4.00 The Gold Rush  
U (1925) 5.20 Chaplin Today:  
The Gold Rush

## SPORT

## Sky Sports 1

6.00 Football League Review  
7.00 WWE: Bottom Line 8.00  
FA Cup Football 9.00 Spanish  
Football 11.00 Football League  
Review 12.00 FA Cup Football  
1.00 World Cup Cricket 4.00  
FA Cup Football 5.00 Football  
League Review 6.00 World Cup  
Cricket 7.30 Live Conference  
Football. Burton Albion v For-  
est Green Rovers (Kick-off  
7.45pm). 10.00 World Cup  
Cricket 11.30 Soccer AM: The  
Best Bits 12.30 Conference  
Football 2.00 Soccer AM: The  
Best Bits 3.00 World Cup  
Cricket 4.30 Close

## Sky Sports 2

6.00 Aerobics Oz Style 6.30  
High Altitude 7.00 Golf Night  
9.30 Rugby Union 11.00 High  
Altitude 11.30 Badminton 4.00  
Golf Night 6.30 Soccer AM:  
The Best Bits 7.30 Wild Spirits  
8.00 World Cup Cricket 9.30  
World Motor Sport 12.00 Max  
Power 1.00 Triathlon 2.00 World  
Motor Sport 4.30 Close

## Sky Sports 3

8.00 World Cup Cricket 11.00  
Racing News 11.30 Aerobics  
Oz Style 12.00 Golf Night 2.30  
Rugby Union 4.00 Bass Fish-  
ing 5.00 WWE: Raw 7.00 NBA  
Basketball 9.00 WWE: Late  
Night - Bottom Line 10.00 WWE:  
Late Night - Afterburn 11.00  
Extreme Championship Wres-  
tling 12.00 WWE: Heat 1.00  
Live WWE: Late Night - Raw.  
Wrestling action from the

States. 3.15 Close

## British Eurosport

7.30 Motorsports Weekend 8.00  
World Touring Car Champion-  
ship 9.00 World Rally Champion-  
ship 9.30 MotoGP 10.30 Ski  
Jumping 11.45 Biathlon 12.15  
Biathlon 12.45 Ski Jumping 2.00  
Live Cycling. Stage one of the  
Paris-Nice race. 3.45 Ski Jump-  
ing 4.15 Live Ski Jumping. The  
qualifying session from Kuopio.  
Finland. 5.30 Live Women's  
Football. Germany v Denmark  
(Kick-off 5.30pm). 7.30  
MotoGP 8.00 Live Women's  
Football. USA v Sweden (Kick-  
off 8.00pm). 10.00 Cycling  
10.30 Eurogals 11.30  
Eurosport Buzz 12.00  
Winterpark Weekend 12.30  
Close

## Sky Sports Xtra

4.00 Tennis 6.00 Live Tennis.  
The Pacific Life Open. 12.00  
Bass Fishing 1.00 High Altitude  
1.30 Wild Spirits 2.00  
Close

(R)-repeat programme;

(T)-programme with teletext

subtitles;

(S)-programme broadcast in

stereo;

(bw)-black and white.

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TUE

## BBC1

6.00 Breakfast. (T) 9.15 Beat the Bailiff. (T) 10.00 Escape to the Country; (T) BBC News; Weather. (T) 11.00 How to Live Longer. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.40 Raven. (T) 3.45 Shaun the Sheep. (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 Comic Relief Does Fame Academy on CBBC. (T) 5.00 Blue Peter. (T) 5.00 Comic Relief Stories. 5.25 Newsround. (T)

5.35 Neighbours. Katya's homecoming is marred by a shock arrival. (R) (T)  
6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 Comic Relief Does Fame Academy. Patrick Kielty and Claudia Winkleman present as the six remaining students sing for survival in the Circle of Fear in an effort to win the public's vote and raise money for charity. The results can be seen at 8.30. (T)

8.00 EastEnders. Abi tries to convince Ben he is wrong to put his trust in Stella, and Pat plots to bring Kevin and Denise back together. May decides Dawn would be better off away from her family. (T)

8.30 Comic Relief Does Fame Academy. The three celebrities with the fewest votes attempt to impress the judges and their fellow students in a bid to stay in the competition. Patrick Kielty and Claudia Winkleman present. Further coverage follows on BBC3. (T)

9.00 Life on Mars. Gene fears a serial killer he previously brought to justice has resurfaced when a woman's body is found. The victim triggers childhood memories for Sam, who sets out to investigate. (T)

10.00 BBC News at Ten O'Clock. (T)  
10.30 Regional News; Weather. (T)

10.35 One Life. The work of London's Marine Support Unit, who pre-empt and counter criminal activities on and around the Thames. The film follows the team as they investigate a suspicious incident on the riverbank, discover a body in a canal and uncover a weighted down bag with some sinister contents. Plus, they go about their everyday business protecting the public from the dangers of the water. (T)

11.15 Cricket World Cup. West Indies v Pakistan. Manish Bhasin introduces highlights from the opening game of international cricket's showpiece event, staged at Sabina Park in Kingston, Jamaica. (T)

12.15 FILM: Stark Raving Mad (2002). Comedy, starring Seann William Scott; (T) Weatherwise. 1.55 Sign Zone: Seaside Rescue. (R) (T) 2.55 Sign Zone: An Island Parish. (R) (T) 3.25 Sign Zone: Dr Alice Roberts: Don't Die Young. (R) (T) 3.55 Sign Zone: Gene Detectives. (R) (T) 4.40 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



## BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers. (R) (T) 6.40 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (R) (T) 7.20 Diddy Dick & Dom. (R) (T) 7.25 Newsround. (T) 7.30 Shaun the Sheep. (R) (T) 7.45 Comic Relief Does Fame Academy on CBBC. (T) 8.15 ChuckieVision. (R) (T) 8.30 CBeebies: Brum. (R) (T) 8.40 Tweenies. (T) 9.00 Doodle Do. (T) 9.20 Lunar Jim. (R) (T) 9.30 Something Special. (R) (T) 9.45 Numberjacks. (T) 10.00 Nina and the Neurons. (T) 10.15 Underground Ernie. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 BBC Primary Geography. (T) 11.10 Star Trek: The Next Generation. (R) (T) The Witness. 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Coming to England. (T) 1.20 BBC Primary Geography. (T) 1.30 Badminton. (T) 2.15 A Taste of My Life. (R) (T) 2.45 Castle in the Country. (R) (T) 3.15 Sudo-U. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (T) 7.00 Sleep Clinic. A woman who makes strange sounds during sleep. (R) (T) 7.30 Are We There Yet? London's need for an effective transport system. (T) 8.00 Rick Stein's Food Heroes. The chef visits Jersey and Cornwall. (R) (T) 8.30 MasterChef Goes Large. Cooking for the Royal Welsh Battalion. (T) 9.00 Horizon. New series. Theorising a modern world where dinosaurs lived. (T) 9.50 Eagle Valley. Bald eagles in Alaska. (T) 10.00 The Fall of Conrad Black. The rise and fall of the multi-millionaire. (T) 10.30 Newsnight. (T) 11.20 Stephen Fry: The Secret Life of the Manic Depressive. (R) (T) 12.25 Taken. (R) (T) 1.50 The Witness. (T) 2.00 BBC Learning Zone. (T)

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13 MAR

## Pick of the Day

CSI: Crime Scene Investigation (five, 9pm)

When a thirtysomething mother is shot dead while picking up her laundry at the dry cleaners, Catherine (Marg Helgenberger) and Nick (George Eads) realise this was no ordinary mugging - the keys to her expensive car were left behind. After finding her handbag in a nearby bin, they discover the identity of the late woman, Amanda Sinclair (Joanna Goings), a silk stocking possibly used by the killer as a mask and a hand-written letter stating "Please do not ever contact me again. Sincerely, Dora". Meanwhile, on the other side of town, Gil is investigating the death of Jill Case, a newspaper editor found hanged in her apartment. An apparent suicide note reads "I apologise to everyone." The recently deceased women are incredibly similar, and Dr Robbins (Robert David Hall) confirms they are twins. However, it soon becomes clear the sisters knew nothing of each other's existence. Could it be a coincidence that they died within a few hours of each other? And just what connection does Dora Pomerantz (Valerie Mahaffey) have to the case? All will be revealed before 10pm.

## C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Cheltenham Morning Line. (T) 9.30 The KNTV Show; (R) (T) Before and After. (R) (T) 10.00 Power to the People; (R) (T) Before and After. (R) (T) 10.30 Engineering at the Cutting Edge; (R) (T) Before and After. (R) (T) 11.00 School of Hard Knocks; (R) (T) 3 Minute Wonder. (R) (T) 11.30 How Sport Shook Up the World; (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 Channel 4 Racing: Cheltenham Festival. The opening day of the four-day festival. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Heavy Petting. A couple begin to breed pigs. (T) 8.00 It's Me or the Dog Crafts Competition Special. Victoria Stilwell trains three dogs to take part in the show. (T) 9.00 Bodyshock: World's Biggest Boy. A seven-year-old who weighs 16-stone. (T) 10.00 Kidnapped. New drama series, starring Timothy Hutton as a self-made millionaire who enlists the help of a private detective after his 15-year-old son is kidnapped on the way to school. (T) 11.40 The Charlotte Church Show. (R) (T) 12.30 Cheltenham Festival Highlights. 1.00 My Name Is Earl. (R) (T) 1.25 The War at Home. (R) (T) 1.50 The War at Home. (R) (T) 2.15 The Osbournes. (R) (T) 2.35 The Osbournes. (R) (T) 3.00 Bob and Margaret. (R) (T) 3.25 The Jamie Kennedy Experiment. (R) (T) 3.50 School Disco. (R) (T) 4.00 Channel 4 Education. (R) (T)

## FIVE

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fit and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.25 Thomas & Friends. (R) (T) 8.40 Titch. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.30 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.35 FILM: Broken Lullaby (1994). Romantic mystery, starring Mel Harris. (T) 3.35 five news update. (T) 3.40 FILM: Never Say Never. The Deirdre Hall Story (1995). Fact-based drama, starring Deirdre Hall. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 The Singing Estate. The choir sing at a community concert; (T) 7.15 five news update. 8.00 Bermuda Triangle: The True Story. Exploring the mysterious area of the Atlantic Ocean; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. The team investigate the murder of twins. (T) 10.00 CSI: Miami. Horatio becomes prime suspect in a murder investigation, and makes matters worse for himself by admitting he not only dated the victim, but was also the last person to see her alive; (R) (T) five news update. 11.00 Law & Order: Special Victims Unit. (R) (T) 12.05 The FBI Files. (R) (T) 1.05 NBA Action. San Antonio Spurs v Los Angeles Clippers (Tip-off 2.00am). 4.10 Motorsport Mundial. 4.35 Race and Rally UK. 5.00 World Supercross Grand Prix.

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.59 London Weather. (T) 4.00 Dancing on Ice Exclusive. (T) 4.30 Agatha Christie's Poirot. (R) (T)

5.30 Dale's Supermarket Sweep. Fast-moving trolley-dash quiz, hosted by Dale Winton. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Kelly and Chas attend the court hearing, where the King brothers are granted bail and Matthew urges his siblings to present a united front. Pearl worries that giving evidence for the prosecution will cause her to lose her job at Home Farm, while Rosemary offers to pay Belle's school fees. (T)

7.30 Cops with Cameras. New series. Fly-on-the-wall insight into police work, in which viewers "accompany" officers carrying out duties - thanks to the medium of miniature cameras. The programme features covert operations, raids on suspects, car chases and the daily tasks of bobbies on the beat, beginning by following coppers in Plymouth, London, South Wales and Berkshire as they deal with the continual fight against crime. Postponed from February 27. (T)

8.30 The Truth About Ethical Food: Tonight. (T)  
9.00 Fallen Angel. Conclusion of the crime drama. It's 1979 and Rosie is an angelic five-year-old - a far cry from the woman she will become. While her father's ambitions are leading him to neglect his wife and child, the youngster is forming a bond with her grandad. However, a morbid fascination with religion is already beginning to change her, and a terrible death is not far away. Charles Dance, Sheila Hancock, Clare Holman and Peter Capaldi star. (T)

10.30 ITV News; Weather. (T)  
11.00F1: Chasing the Dream. Steve Rider introduces a look behind the scenes at McLaren's base in Surrey, as their new line-up of drivers - two-time world champion Fernando Alonso and young British sensation Lewis Hamilton - prepare for the new campaign. Both drivers speak about the season ahead and their desire to claim McLaren's first world title in seven years, while other leading figures talk about some of the team's work during the winter months which they hope will see them become more competitive than in recent years. (R) (T)

12.00 Glimmerball; ITV News Headlines. 3.40 Forever. (R) (T) 4.35 The Jules and Lulu Show. (R) (T) 5.00 ITV Nightseries.

## LOCAL

**RTP1**  
0630 Bom Dia Portugal  
1000 Praça da Alegria 1300  
News 1410 Los Ricos  
Tambien Lloran 1505  
Choque Terapy, film 1715  
Lingo 1800 Portugal em  
Directo 1915 O Prego  
Certo 2000 News 2100  
Sartacus Por Detrás do  
Mito  
**RTP2**  
0730 Zig Zag, cartoons  
1400 Sociedade Civil 1530  
Portugal Um Retrato  
Ambiental 1600 Entre Nós  
1630 Euronews 1700 Mundos  
Flutuantes 1730 Discovery  
Hour 1830 A Fé dos  
Homens 1900 2010 1945  
Zig Zag 2045 yes Dear  
2115 Discovery Hour 2200  
News 2230 Without a Trace  
2330 Por Outro Lado  
**SIC**  
0645 Sic Kids  
0830Floribela 1000 Fátima  
1300 News 1400 O Profeta  
1445 Film TBA 1530  
Contacto 1715 Floribella  
1900 Sinhá Moça 2000  
News 2115 Floribela 2215  
Cobras & lagartos 2215  
Jura I 0015 Desperate  
Housewives 0215 Bang  
Bang 0315 Ganância  
**TVI**  
0700 Diario Da Manha 1000  
Você na TV 1300 News  
1400 Film TBA 1600 Film  
TBA 1800 Morangos com  
Açúcar 2000 News 2115  
Morangos com Açúcar  
2200 Tempo de Viver 2315  
Fala-me de Amor 0015 Film  
TBA

## Best of the Rest

**BBC3**  
7.00 Help! My Dog's as Fat  
as Me 7.30 Football: UNICEF  
Friendly 10.00 EastEnders  
12.30 Castaway: The Last  
24 Hours 11.00 Comic Relief  
Does Fame Academy 12.00  
Family Guy 12.20 American  
Dad! 12.45 Castaway: The  
Last 24 Hours 1.15 Comic  
Relief Does Fame Academy  
2.45 Comic Relief Does Fame  
Academy 3.45 Close  
**BBC4**  
7.00 Volcano Stories:  
Montserrat 7.10 I Love 1997  
8.00 The World 8.00 Weather  
9.30 Never Mind the Full Stops  
9.00 The Day Today 9.30  
The League of Gentlemen 10.00  
Life on Mars 11.00 The Car's  
the Star 11.20 The Car's the  
Star 11.40 Panorama Revisited  
12.40 Never Mind the Full  
Stops 1.10 Proms on Four  
1.30 Never Mind the Full Stops  
4.00 Close  
**ITV2**  
1.00 Emmerdale 1.30 The Jer-  
emy Kyle Show 2.35 The Jer-  
emy Kyle Show 3.40 Ricki  
Lake 4.30 Sally Jessy  
Raphael 5.10 Judge Judy  
6.00 American Idol 7.00  
American Idol 8.00 American  
Idol 9.00 Wags' Boutique  
10.00 Film: 10 Things I Hate  
About You 12 (1999) 11.55  
Film: Pretty Woman 15 (1990)  
2.15 Glimmerball: ITV Play 4.00  
Teleshopping 6.00 Close  
**Sky One**  
1.00 Angel 2.00 Tru Calling  
3.00 Jake 2.0 4.00 Stargate  
SG-1 5.00 Stargate SG-1 6.00  
Futura 6.30 Futurama 7.00

The Simpsons 7.30 The  
Simpsons 8.00 Stargate SG-  
1 9.00 Battlestar Galactica  
10.00 Road Wars 11.00 Cold  
Case 12.00 Eye of the Storm  
12.30 Eye of the Storm 1.00  
Uncut Best Unseen Ads 1.25  
Uncut Best Unseen Ads 1.50  
Las Vegas Uncovered 2.40  
The 4400 3.30 Tru Calling  
4.20 Star Trek: Voyager 5.10  
Star Trek: Voyager  
**UKTV Gold**  
1.00 Last of the Summer  
Wine 1.40 Keeping Up Ap-  
pearances 2.20 The Good  
Life 3.00 Open All Hours 3.40  
Porridge 4.20 My Family 5.00  
The Bill 6.00 The Bill 7.00  
Open All Hours 7.40 Porridge  
8.20 My Family 9.00 Only  
Fools and Horses 9.40 The  
Vicar of Dibley 10.20  
Blackadder Goes Forth 11.00  
Only Fools and Horses 11.40  
The Vicar of Dibley 12.20  
Blackadder Goes Forth 1.00  
Gimme Gimme Gimme 1.40  
Blessed 2.10 Holby City 3.05  
Ballykissangel 3.55  
Ballykissangel 4.45  
Ballykissangel 5.35  
**Neighbours**  
**TCM**  
3.00 Till the Clouds Roll By U  
(1946) 5.30 Hotel Paradiso  
PG (1966) 7.15 Take Me Out  
to the Ball Game U (1949)  
9.00 Ride the High Country  
PG (1962) 10.45 Whose Life  
Is It Anyway? 15 (1981) 1.00  
Battleground PG (1949) 3.00  
Teleshopping  
**The Disney Channel**  
Kids' programmes from 7am,  
except:

## MOVIES

## Sky Movies 1

7.05 In the Beginning 8.50  
Medicine Man PG (1992)  
10.50 Duma U (2005) 12.50  
Madagascar U (2005) Ani-  
mated adventure, with the  
voice of Ben Stiller. 2.25 In  
the Beginning 4.00 Duma U  
(2005) Stirring drama, star-  
ring Alexander. Michaelaets.  
6.00 Medicine Man PG (1992)  
Jungle adventure, starring  
Sean Connery. 8.00 Madaga-  
scar U (2005) Animated  
adventure, with the voice of  
Ben Stiller. 9.30 XXX2:  
The Next Level 12 (2005)  
Action sequel, starring Ice  
Cube. 11.15 Commando 18  
(1985) Action adventure,  
starring Arnold Schwarzenegger. 12.50  
Stealing Beauty 15 (1995)  
Drama, starring Liv Tyler.  
2.55 Beyond the Sea 12  
(2004) Biopic, starring  
Kevin Spacey. 5.00 Kid Cop  
U (1996)

## Sky Movies 2

6.00 Hockey Mom PG (2003)  
7.40 Deep Family Secrets  
PG (1997) 9.20 Miracle on  
the 17th Green U (1999)  
11.00 Sky High PG (2005)  
Comedy, starring Kurt  
Russell. 12.40 Hockey Mom  
PG (2003) Sporting drama,  
starring Jessalyn Gilsig.  
2.20 Miracle on the 17th  
Green U (1999) Drama,  
starring Robert Ulrich. 4.00 Deep  
Family Secrets PG (1997)  
Thriller, starring Richard

Crenna. 5.40 UK Top 10 6.00  
Sky High PG (2005) Com-  
edy, starring Kurt Russell.  
8.00 Memoirs of a Geisha  
12 (2005) Drama, starring  
Ziyi Zhang. 10.25 Crash 15  
(2004) Provocative drama,  
starring Matt Dillon and  
Sandra Bullock. 12.20 Mary  
Shelley's Frankenstein 15  
(1994) Gothic horror, star-  
ring Robert De Niro. 2.30  
The Cure 12 (1995) Tearful  
drama, starring Brad  
Renfro. 4.15 Hockey Mom  
PG (2003)

## Sky Cinema 1

6.00 The Eighth Day PG  
(1996) 8.05 The Garage U  
(1919) 8.35 A Farewell to  
Arms PG (1957) 11.15 Bil-  
lion Dollar Brain PG (1967)  
Espionage thriller, starring  
Michael Caine. 1.20 The  
Ipcress File 15 (1965) Espi-  
onage thriller. Michael  
Caine stars. 3.20 A Fare-  
well to Arms PG (1957) World  
War One drama. Rock  
Hudson stars. 6.00 Billion  
Dollar Brain PG (1967) Espi-  
onage thriller, starring  
Michael Caine. 8.00 The  
Ipcress File 15 (1965) Espi-  
onage thriller. Michael  
Caine stars. 10.00 Alfie 15  
(1966) Comedy drama, star-  
ring Michael Caine. 12.00  
The Hand 18 (1981) Spooky  
chiller, starring Michael  
Caine. 2.00 Alfie 15 (1966)  
Comedy drama, starring  
Michael Caine. 4.00 The  
Eighth Day PG (1996)

## SPORT

## Sky Sports 1

6.00 Soccer AM: The Best Bits  
7.00 WWE: Afterburn 8.00  
World Cup Cricket 9.30 Wild  
Spirits 10.00 Soccer AM: The  
Best Bits 11.00 Conference  
Football 12.30 Soccer AM: The  
Best Bits 1.30 Live World Cup  
Cricket. West Indies v Paki-  
stan. 11.00 Revista De La  
Liga 12.00 Football League 1.30  
Revista De La Liga 2.30 You're  
on Sky Sports! 3.30 Close

## Sky Sports 2

6.00 Aerobics Oz Style 6.30  
High Altitude 7.00 Aerobics Oz  
Style 7.30 High Altitude 8.00  
Conference Football 9.30 World  
Motor Sport 12.00 Max Power  
1.00 Wild Spirits 1.30 World  
Motor Sport 4.00 Conference  
Football 5.30 Spirit of Yacht-  
ing 6.00 High Altitude 6.30  
Revista De La Liga 7.30 Live  
Football League. Sunderland  
v Stoke City. (Kick-off  
8.00pm). 10.15 You're on Sky  
Sports! 11.15 Poker 1.15 Eu-  
ropean Seniors Tour Golf 2.15  
Close

## Sky Sports 3

11.00 Racing News 11.30 Aero-  
bics Oz Style 12.00 Bass Fish-  
ing 1.00 Triathlon 2.00 High  
Altitude 2.30 Wild Spirits 3.00  
Bass Fishing 4.00 Triathlon  
5.00 WWE: Smackdown 7.00  
Rally Fever 8.00 European  
Seniors Tour Golf 9.00 High  
Altitude 9.30 Spirit of Yacht-  
ing 10.00 Sports Unlimited  
11.00 European Seniors Tour

Golf 12.00 Rally Fever 1.00  
Bass Fishing 2.00 Close  
**British Eurosport**

7.30 Eurosport Buzz 8.00  
Eurogals 9.00 Sky Jumping  
10.00 World Touring Car Cham-  
pionship 11.00 Eurogals 12.00  
Cycling 12.45 Tatiana's World  
Cricket. West Indies v Paki-  
stan. 11.00 Revista De La  
Liga 12.00 Football League 1.30  
Revista De La Liga 2.30 You're  
on Sky Sports! 3.30 Close

## Sky Sports Xtra

4.00 High Altitude 4.30 360  
Surfing 5.00 European Seniors  
Tour Golf 6.00 Tennis 8.00  
Live Tennis. The Pacific Life  
Open. 12.00 Sports Unlimited  
1.00 High Altitude 1.30 Spirit  
of Yachting 2.00 Close

(R)-repeat programme;  
(T)-programme with teletext  
subtitles;  
(S)-programme broadcast in  
stereo;  
(bw)-black and white.

Special

# HEALTH INSURANCE

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# X PAT Care

See page 56



WED

BBC1

6.00 Breakfast. (T) 9.15 Beat the Bailiff. (T) 10.00 Escape to the Country. (T) BBC News; Weather. (T) 11.00 How to Live Longer. (T) 11.45 Cash in the Attic. (R) (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.40 Raven. 3.45 Shaun the Sheep. (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 Comic Relief Does Fame Academy on CBBC. (T) 5.00 Blue Peter. (T) 5.00 Comic Relief Stories. (T) 5.25 Newsround. (T)

5.35 Neighbours. Guy stages a siege. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 Comic Relief Does Fame Academy. The five remaining celebrities stay once more, following a few expert tips from former Fame Academy runner-up Lemar. Presented by Patrick Kielty and Claudia Winkleman. Further coverage follows on BBC3 and the results can be seen at 8.30. (T)

8.00 Watchdog. Investigation show, fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T)

8.30 Comic Relief Does Fame Academy. The three celebrities with the fewest votes perform for the second time in an attempt to stay in the competition. Judges Richard Park, Lesley Garrett and Craig Revel Horwood save the performer who has impressed them most, before their fellow students decide which of the remaining unlucky pair to send home. Further coverage follows on BBC Three. (T) 9.00 New Street Law. Jack and Laura defend a man accused of raping his daughter 10 years ago, but face a shocking revelation before the verdict is given. Honor is caught in a compromising situation with Frank, and blackmails Jack to keep it quiet. Annie's confusion over her personal life escalates when she receives divorce papers from Chris and a promise from Charlie that he will leave his wife for her. (T)

10.00 BBC News at Ten O'Clock. (T) 10.30 Regional News; Weather. (T) 10.35 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. (T) 10.40 It's a Mad World. (T)

11.25 Cricket World Cup. Australia v Scotland and Canada v Kenya. Manish Bhassin introduces highlights of today's respective Group A and Group C matches at Warner Park and the Beausejour Stadium. (T)

12.25 FILM: Morons from Outer Space (1985). Sci-fi comedy, starring Mel Smith and Griff Rhys Jones; (T) Weatherwise. 2.00 Sign Zone: Jimmy's Farm Dianas. (R) (T) 2.30 Sign Zone: The Madness of Modern Families. (R) (T) 3.00 Sign Zone: A Very English Village. (R) (T) 3.50 Sign Zone: Gene Detectives. (R) (T) 4.35 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers. (R) (T) 6.40 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (R) (T) 7.20 Diddy Dick & Dom. (R) (T) 7.25 Newsround. (T) 7.30 Shaun the Sheep. (R) (T) 7.45 Comic Relief Does Fame Academy on CBBC. (R) (T) 8.15 ChuckleVision. (R) (T) 8.30 CBeebies: Brum. (R) (T) 8.40 Tweenies. (R) (T) 9.00 Doodle Do. (R) (T) 9.20 Lunar Jim. (R) (T) 9.30 Something Special. (R) (T) 9.45 Numberjacks. (R) (T) 10.00 Nina and the Neurons. (T) 10.15 Underground Ernie. (R) (T) 10.30 Star Trek: The Next Generation. (R) (T) 11.15 Small Town Gardens. (T) 11.30 The Daily Politics. (T) 1.00 Downslope Me. 1.30 Working Lunch. (T) 2.00 The Flying Gardener. (T) (S) 2.15 A Taste of My Life. (R) (T) 2.45 Castle in the Country. (R) (T) 3.15 Sudo-Q. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (T) 7.00 This World. A chemical-spiked alcohol that causes toxic hepatitis. (T) 7.50 A Wild Yorkshire River. A portrait of the River Ure in Wensleydale. 8.00 MasterChef Goes Large. The finalists cook for the British and Irish Prime Ministers. (T) 8.30 MasterChef Goes Large. The final three cook for eight leading chefs. (T) 9.00 Party Animals. Scott and Ashika resort to dirty tactics in the campaign. (T) 9.50 Don't Watch That, Watch This! (R) (T) 10.00 The Grumpy Guide to Art. How to look and sound clever in the art world. (R) (T) 10.30 Newsnight. (T) 11.20 Time Shift: Parallel Worlds - A User's Guide: BBC Four on BBC Two. (T) 12.20 Taken. (R) (T) 1.45 Dragons' Den: Best Of. (T) 2.00 BBC Learning Zone. (T)

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14 MAR

Pick of the Day

### Watchdog (BBC1, 8pm)

Moving from its regular Tuesday evening position, this long-running consumer show format first hit our screens as a slot on Nationwide and was originally presented by Hugh Scully. In 1985, it became a programme in its own right with Lynn Faulds Wood and her hubby John Stapleton hosting. Currently, Nicky Campbell, Julia Bradbury and Paul Heiney are the team swinging into action each week as they do battle with all manner of organisations in a bid to ensure that we, the British public, get good service and aren't ripped off. Over the years they've helped us fight internet fraud and email scams, lost luggage debacles and transport cock-ups. One legendary investigation by the show began back in the early 1990s when Hoover advertised free flights to customers spending over a 100 quid. Thanks to an overwhelming response to the offer many people did not receive their tickets. After hundreds of complaints, Watchdog made the situation headline news, leading to those who'd missed out getting what was rightfully theirs - at an estimated 40 million pound plus cost to the company. Expect more consumer catastrophes to be tackled in this edition.

C4

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Cheltenham Morning Line. (T) 9.30 The KNTV Show. (R) (T) Before and After. (R) (T) 10.00 Power to the People; (R) (T) Before and After. (R) (T) 10.30 Engineering at the Cutting Edge; (R) (T) Before and After. (R) (T) 11.00 School of Hard Knocks; (R) (T) 3 Minute Wonder. (R) (T) 11.30 How Sport Shook Up the World; (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 Channel 4 Racing: Cheltenham Festival. Including the 3.15 Seasons Holidays Queen Mother Champion Steeple Chase (2m). (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Heavy Petting. A single mum, her son and their rats. (T) 8.00 Relocation, Relocation. A couple wanting to start a hot-tub business. (T) 9.00 Grand Designs. A family who have outgrown their tiny east London flat start a new life on the water by creating a three-bedroom houseboat entirely from recycled scrap. Presented by Kevin McCloud. (T) 10.00 Desperate Housewives. Gabrielle's secret admirer is revealed. (T) 11.05 Boys to Men. (T) 12.05 Cheltenham Festival Highlights. (T) 12.40 Goalissimo. 1.40 KOTV. (T) 2.10 World Cup Skiing. 4.05 Transworld Sport. (R) (T) 5.00 Post Modern Pastimes. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerlotts. (R) (T) 8.15 Peppa Pig. (T) 8.25 Thomas & Friends. (R) (T) 8.40 Titch. (R) (T) 8.50 Mio Mao. 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.30 Jack Reed: Badge of Honour. (T) 3.30 FILM: Colombo Goes to College (1991). Crime drama, starring Peter Falk. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 Lemur Island. An insight into the power struggle between the two lemur gangs, featuring the Tornado Troop, whose constant infighting could lead to tragedy for one five-month-old baby ring-tail; (T) 7.15 five news update. (T) 8.00 Child in a Million. A 12-year-old has surgery to relieve pressure on her brain; (T) 8.00 five news at 9. 9.00 FILM: Before You Go (2002). Three sisters return home for their mother's funeral. Lacklustre family drama, starring Julie Walters, Joanne Whalley and Patricia Hodge. (T) 10.55 Britain's Fattest Teenager: Hidden Lives. (R) (T) 12.00 Partypoker.com European Open. (T) 1.30 NHL Ice Hockey. 3.55 Boxing Classic. (R) 4.45 Football Argentina.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.59 London Weather. (T) 4.00 Dancing on Ice Exclusive. (T) 4.30 Agatha Christie's Poirot. (R) (T)

5.30 Dale's Supermarket Sweep. Fast-moving trolley-dash quiz, hosted by Dale Winton. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Lisa is unimpressed by Rosemary's offer to pay Belle's school fees, while Viv and Donna ask Kelly to explain why she lied for Jimmy. The police make another arrest at the Post Office, and Eli steals money from Edna - but suspicion quickly falls on Billy. (T)

7.30 Coronation Street. Tracy whines about her barrister, making Deirdre realise she doesn't believe her daughter's version of the events surrounding Charlie's death. Liam and Carla fear for Paul's safety when he doesn't return to the Street, while delivery man Derek asks Liz on a date, only to get dropped in favour of Vernon. (T)

8.00 Live UEFA Cup Football. Tottenham Hotspur v Sporting Braga (Kick-off 8.15pm). The second leg of this evening's last-16 tie comes from White Hart Lane, where a place in the quarter-finals awaits. Subsequent programmes are subject to change. (T)

10.30 ITV News; Weather. (T) 11.00 Benidorm. After winning the quiz, the Garveys have a trip to the beach, where a cash-strapped Mick falls victim to a con, and later receives even worse news from a mystery photographer. Martin tells Kate he thinks her fling with Mateo has lived up to their relationship, and the Oracle decides it's time he stopped going on holiday with his mum. Last in series. (R) (T)

11.35 Lily Allen's Playlist. New series. The singer chooses five tracks from her past and present and reveals her all-time favourite. (T)

12.00 Gitterball; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.



LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Los Ricos Tambien  
Lloran 1505 Portugal No  
Coração 1715 Lingo 1800  
Portugal em Directo 1955  
Direito de Antena

**RTP2**  
0700 Magazine 0720 Mostra  
0730 Zig Zag, cartoons 1400  
Sociedade Civil 1530 Portu-  
gal um Retrato Ambiental  
1600 entre Nós 1630  
EuroNews 1700 Peixe  
Vampiro 1730 Discovery  
Hour 1830 Fé do Cons Homens  
1900 Biosfera 1945 Zig Zag  
2045 Yes Dear 2115 Discovery  
Hour 2200 News 2230  
Ossos 2315 Behind the Scene  
2300 Clube de Imprensa  
00300 The Guardian 0145  
Peixe Vampiro 0215 Biosfera  
0300 Da Terra ao Mar 0345  
Consigno 0415 Sociedade  
Civil

**SIC**  
0645 Sic Kids 0830 Floribella  
1000 Fátima 1300 News 1400  
O Profeta 1445 Laços de  
Família 1530 Contato 1715  
Floribella 1900 Sinhá Moça  
0215 Bang Bang 0315  
Ganância

**TVI**  
0700 Diário Da Manhã 1000  
Você na TV 1300 News 1400  
Inspector Max 1500 Anjo  
Selvagem 1600 Quem Quer  
Ganha 1800 Mornagons com  
Açúcar 2000 News 2115  
Morangos com Açúcar 2200  
Tempo de Viver 0045 Film  
TBA

Best of the Rest

**BBC3**  
7.00 Anthea Turner: Perfect  
Housewife 8.00 Comic Relief  
Does Fame Academy 8.30  
Castaway: The Last 24 Hours  
9.00 Comic Relief Does Fame  
Academy 10.00 Freaky Eaters  
11.00 Castaway: The Last 24  
Hours 11.30 Two Pints of Lager  
and a Packet of Crisps 12.00  
Two Pints of Lager and a Packet  
of Crisps 12.30 American Dad!  
12.50 American Dad! 1.15  
Comic Relief Does Fame Academy  
2.15 Comic Relief Does  
Fame Academy 2.45 Comic  
Relief Does Fame Academy  
3.15 Comic Relief Does Fame  
Academy 4.15 Close

**BBC4**  
7.00 Teletubbies 7.30 Vets in  
Practice 8.00 The World 8.30  
Weather 8.30 All Mod Cons  
9.00 Are We Having Fun Yet?  
10.00 Hotel 10.30 Tight Spot  
10.30 The Lift 11.00 Hotel 11.30  
Are We Having Fun Yet? 12.30  
Tight Spot 12.30 The Lift 1.00  
Proms on Four 3.15 Are We  
Having Fun Yet? 4.15 Close

**ITV2**  
1.00 Emmerdale 1.30 The Jer-  
emy Kyle Show 2.35 The Jer-  
emy Kyle Show 3.40 Ricki Lake  
4.30 Sally Jessy Raphael 5.15  
Airline USA 5.45 Judge Judy  
7.00 Smallville 8.00 Australian  
Princess 9.00 Film: Pretty  
Woman 15 (1990) 11.25 Cora-  
nation Street 11.55 Al Murray's  
Happy Hour 12.55 Comedy  
Cuts 1.25 Gitterball: ITV Play  
4.00 Teleshopping 6.00 Close

**Sky One**  
1.00 Angel 2.00 Tru Calling  
3.00 Jake 2.0 4.00 Stargate

SG-1 5.00 Stargate SG-1 6.00  
Futurama 6.30 Futurama 7.00  
The Simpsons 7.30 The  
Simpsons 8.00 Stargate  
Atlantis 9.00 The Dresden Files  
10.00 Lost 11.00 Cold Case  
12.00 Eye of the Storm 12.30  
Eye of the Storm 1.00 Road  
Wars 1.50 Uncut! The Villa  
2.40 The 4400 3.30 Tru Calling  
4.20 Star Trek: Voyager 5.10  
Star Trek: Voyager

**UKTV Gold**  
1.00 Last of the Summer Wine  
1.40 Keeping Up Appearances  
2.20 The Good Life 3.00 Open  
All Hours 3.40 Porridge 4.20  
My Family 5.00 The Bill 6.00  
The Bill 7.00 Open All Hours  
7.40 Roadshow 8.20 My Family  
9.00 Only Fools and Horses  
9.40 The Vicar of Dibley 10.20  
One Foot in the Grave 11.00  
Only Fools and Horses 11.40  
The Vicar of Dibley 12.20 One  
Foot in the Grave 1.00 Gimme  
Gimme Gimme 1.40 Holby City  
2.35 Ballykissangel 3.25  
Ballykissangel 4.15  
Ballykissangel 5.05  
EastEnders: Ricky and Bianca  
5.35 Neighbours

**TCM**  
1.00 Young Bess U (1953)  
3.00 Mr Skeffington U (1944)  
5.20 Ride, Vaquerol! U (1953)  
7.05 Forbidden Planet U  
(1956) 9.00 Code Name:  
Emerald PG (1985) 10.50  
Thirty Seconds Over Tokyo  
PG (1944) 1.20 Brewster  
McCloud 1.5 (1970) 3.00  
Teleshopping

**The Disney Channel**  
Kids' programmes from 7am,  
except:

MOVIES

### Sky Movies 1

6.40 Snow Wonder U (2005)  
8.15 Suzanne's Diary for Nicho-  
las PG (2005) 9.50 Phantom  
Below PG (2004) 11.30 Killer  
Flood PG (2003) Thriller, star-  
ring Joe Lando. 1.10 Snow  
Wonder U (2005) Heartwarm-  
ing drama, starring Poppy Mont-  
gomery, 2.45 Big Momma's  
House 2 12 (2006) Comedy  
sequel, starring Martin  
Lawrence. 4.30 Phantom Be-  
low PG (2004) Adventure, star-  
ring Adrian Paul. 6.15 Killer  
Flood PG (2003) Thriller, star-  
ring Joe Lando. 8.00 Batman  
Begins 12 (2005) Dark comic-  
book adventure, starring Chris-  
tian Bale. 10.20 Big Momma's  
House 2 12 (2006) Comedy  
sequel, starring Martin  
Lawrence. 12.00 K-9 12 (1989)  
Fast-moving police comedy,  
starring James Belushi. 1.45  
Without a Paddle 12 (2004)  
Comedy, starring Seth Green.  
3.25 Lords of Dogtown 15 (2005)  
5.15 Suzanne's Diary for Nicho-  
las PG (2005)

**Sky Cinema 1**  
6.00 A King in New York U  
(1956) 7.50 Chaplin Today: A  
King in New York 8.25 The Last  
Metro PG (1980) 10.40 The Last  
Weekend PG (1945) 12.25 Fu-  
neral in Berlin PG (1966) Cold  
War thriller, starring Michael  
Caine. 2.10 The Last Metro PG  
(1980) French drama, starring  
Catherine Deneuve. 4.25 The  
Last Weekend PG (1945)  
Drama, with Ray Milland. 6.10  
Funeral in Berlin PG (1966)  
Cold War thriller, starring  
Michael Caine. 8.00 The Cho-  
rus 12 (2004) French drama,  
starring Gerard Jugnot. 9.45  
The Last Metro PG (2005)  
Semi-fictional biopic, starring  
Michel Bouquet. 11.50 The Life  
and Times of Judge Roy Bean  
15 (1972) Western, starring  
Paul Newman. 2.00 Race with  
the Devil 15 (1975) Chilling  
thriller, starring Peter Fonda.  
3.40 A King in New York U  
(1956) 5.35 Chaplin Today: A  
King in New York

### Sky Movies 2

6.00 Ernest Saves Christmas  
U (1988) 7.45 Born Champion  
PG (1998) 9.35 Jackie, Ethel  
and Joan: The Women of  
Camelot 12.25 The Family  
Stone PG (2005) Comedy  
drama, with Sarah Jessica  
Parker. 2.15 Ernest Saves  
Christmas U (1988) Comedy,  
starring Jim Varney. 4.00 Born  
Champion PG (1998) Motocross  
drama, starring Dan Haggerty.

6.00 The Family Stone PG  
(2005) Comedy drama, with  
Sarah Jessica Parker. 8.00  
Hood Rat 15 (2001) Horror,  
starring Isaiah Washington.  
9.45 Outlaw Special 10.00  
Gridlock'd 18 (1997) Comedy  
drama, starring Tupac Shakur.  
11.35 Cellular 15 (2004) Thriller,  
starring Kim Basinger. 1.20  
Vampire in Brooklyn 15 (1995)  
Comic horror, starring Eddie  
Murphy. 3.05 We Don't Live  
Here Anymore 15 (2004) 4.50  
Born Champion PG (1998)

### Sky Cinema 1

6.00 A King in New York U  
(1956) 7.50 Chaplin Today: A  
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thriller, starring Peter Fonda.  
3.40 A King in New York U  
(1956) 5.35 Chaplin Today: A  
King in New York

SPORT

### Sky Sports 1

6.00 You're on Sky Sports!  
7.00 WWE: Heat 8.00 World  
Cup Cricket 9.00 Revista De  
La Liga 10.00 World Cup  
Cricketer 11.00 Revista De La  
Liga 12.00 Football League  
1.30 Poker 3.30 Revista De  
La Liga 4.30 Football League  
6.00 Boots 'n' All 7.00 Total  
Rugby 7.30 Live Football  
Special. Manchester City v  
Chelsea (Kick-off 8.00pm).  
11.00 Boots 'n' All 12.00 Eu-  
ropean Tour Weekly 12.30  
Total Rugby 1.00 Football  
Special 3.00 Boots 'n' All  
4.00 Close

### Sky Sports 2

6.00 Aerobics Oz Style 6.30  
High Altitude 7.00 Aerobics  
Oz Style 7.30 High Altitude  
8.00 Sports Unlimited 9.00  
High Altitude 9.30 Spirit of  
Yachting 10.00 Poker 12.00  
World Cup Cricket 1.00 Live  
World Cup Cricket. Australia  
v Scotland. 10.00 Total  
Rugby 10.30 European Tour  
Weekly 11.00 Pool 12.00  
Pool 1.00 Poker 3.00 Close

### Sky Sports 3

9.00 European Seniors Tour  
Golf 10.00 Rally Fever 11.00  
Racing News 11.30 Aerobics  
Oz Style 12.00 Sports Un-  
limited 1.00 European Se-  
niors Tour Golf 2.00 High  
Altitude 2.30 Spirit of Yachting  
3.00 Rally Fever 4.00  
Sports Unlimited 5.00 WWE:  
Bottom Line 6.00 WWE:

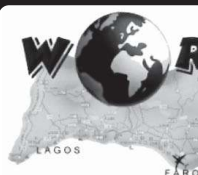
Afterburn 7.00 360 Surfing  
7.30 European Tour Weekly  
8.00 Boots 'n' All 9.00 Pool  
10.00 Pool 11.00 High Altitude  
11.30 World Wide Spirits 12.00  
Transworld Sport 1.00 Max  
Power 2.00 Close

### British Eurosport

7.30 Ski Jumping 8.30 Live  
Alpine Skiing. The World Cup  
meeting in Lenzerheide. 9.45  
World Rally Championship  
10.45 Ski Jumping 11.30 Live  
Alpine Skiing. The World Cup  
meeting in Lenzerheide.  
12.45 Cycling 1.30 Live  
Cycling. Stage three of the  
Paris-Nice race. 3.30 Cy-  
cling 4.00 Women's Football  
4.30 Live Women's Football.  
Coverage of the final of the  
annual Algarve Cup in Portu-  
gal (Kick-off 4.30pm). 6.30  
Live WTA Tennis. The Pa-  
cific Life Open quarter-fi-  
nals. 7.45 Tatiana's World  
8.00 Sailing 8.05 Wednes-  
day Selection 8.10 Riders  
Club 8.15 US Tour Golf 9.15  
European Tour Golf 9.45 Golf  
Club 9.50 Yacht Club 9.55  
Wednesday Selection 10.00  
MotoGP 10.45 Escape 11.15  
Cycling 12.00 Cycling 12.30  
Close

### Sky Sports Xtra

4.00 High Altitude 4.30 Wild  
Spirits 5.00 360 Surfing 5.30  
Tennis 7.30 Live Tennis. The  
Pacific Life Open. 11.30 To-  
tal Rugby 12.00 Watersports  
World 1.00 High Altitude 1.30  
360 Surfing 2.00 Close



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6.00 Breakfast. (T) 9.15 Beat the Balliff. (T) 10.00 Escape to the Country; (T) BBC News; Weather. (T) 11.00 How to Live Longer. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.40 Raven. (T) 3.45 Shaun the Sheep. (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 Comic Relief Does Fame Academy on CBBC. (T) 5.00 Blue Peter. (T) 5.00 Comic Relief Stories. (T) 5.25 Newsround. (T)

5.35 Neighbours. Steph proclaims her love for Toadie as he is rushed to hospital, where he is haunted by his conscience and doctors deliver devastating news. Karl, Katya and Zeke all blame themselves for their friend's condition, while Frazer makes a confession to Rosetta - leaving her with a difficult choice to make. (R) (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 Comic Relief Does Fame Academy. Patrick Kielty and Claudia Winkleman present as the remaining four celebrities pull out all the stops to secure a coveted place in tomorrow's Red Nose Day final. Viewers at home get the chance to vote for their favourite singers and decide which two will be taking to the stage again and who will be making their last curtain call. Further coverage follows on BBC Three and the results can be seen at 8.30. (T)

8.00 EastEnders. Stella is relieved to overhear Ben's positive comments about their day together as she continues her manipulation of him. Max goes to great lengths to keep Steacy and Bradley apart, while Kevin makes Denise a proposition. Honey's new job leaves Billy feeling inadequate. (T)

8.30 Comic Relief Does Fame Academy. (T)  
9.00 Comic Relief Does The Apprentice. Two teams of famous faces battle it out under the critical eye of entrepreneur Alan Sugar to run rival attractions at a packed ticket-only celebrity funfair on London's South Bank. Alastair Campbell, Piers Morgan, Ross Kemp, Rupert Everett and Danny Baker pit their business know-how against Cheryl Cole, Jo Brand, Maureen Lipman, Trinny Woodall and Karen Brady in a bid to win the challenge and raise money for charity. Concludes tomorrow. (T)

10.00 BBC News at Ten O'Clock. (T)  
10.30 Regional News; Weather. (T)  
10.35 Question Time. (T)  
11.35 This Week. (T)  
12.20 Cricket World Cup; (T) Skiing Weather. 1.25 Sign Zone: Panorama. (R) (T) 1.55 Sign Zone: Blair: The Inside Story. (R) (T) 2.55 Sign Zone: Sleep Clinic. (R) (T) 3.25 Sign Zone: When Love Comes to Town. (R) (T) 3.55 Sign Zone: Gene Detectives. (R) (T) 4.40 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



## BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers. (R) (T) 6.40 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (R) (T) 7.20 Diddy Dick & Dom. (R) (T) 7.25 Newsround. (T) 7.30 Shaun the Sheep. (R) (T) 7.45 Comic Relief Does Fame Academy on CBBC. (R) (T) 8.15 ChuckleVision. (R) (T) 8.30 CBeebies: Brum. (R) (T) 8.40 Tweenies. (R) (T) 9.00 Doodle Do. (R) (T) 9.20 Lunar Jim. (R) (T) 9.30 Something Special. (R) (T) 9.45 Numberjacks. (R) (T) 10.00 Nina and the Neurons. (T) 10.15 Underground Ernie. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 Words and Pictures. (T) 11.00 BBC Primary Geography. (T) 11.10 English Express. (T) 11.40 Seasonal Snapshots. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Family Exchange. (R) (T) 1.45 Animal Park. (T) 2.15 A Taste of My Life. (R) (T) 2.45 Castle in the Country. (R) (T) 3.15 Sudo-Q. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (T) 7.00 My Life as a Child. Children who rarely see their fathers. (T) 7.30 Bill Oddie's How to Watch Wildlife. Nature guide, presented by Bill Oddie. (R) (T) 8.00 MasterChef Goes Large. The final of the cookery challenge. Last in series. (T) 9.00 Fear, Stress & Anger. Julie tries to raise her public profile. (T) 9.30 Dead Ringers. Satirical impressions and sketches. (T) 10.00 The Graham Norton Show. The talk-show host presents a mix of comedy monologues, celebrity chat and eccentric characters. (T) 10.30 Newsnight. (T) 11.20 Desi DNA. (T) 11.50 A Seaside Parish. (R) (T) 12.20 Taken. (R) (T) 1.50 Dragons' Den: Best Of. (T) 2.00 BBC Learning Zone. (T)

## Pick of the Day

## MasterChef Goes Large (BBC2, 8pm)

Last year, 4,000 people applied to take part in this tasty series, but were whittled down to 132 contestants. Eventually, Peter Bayless, a 59-year-old advertising industry veteran, won the title MasterChef 2006. He was given a paid scholarship to train under a top chef, and there was no shortage of amateur gastronomes hoping to follow in his footsteps this year. Now, after a gruelling few weeks, the talented oven jockeys have been whittled down to the last few, and in this nail-biting final, each attempts to prove they're most deserving of the prize. Gregg Wallace, who presents the show with John Torode, is thrilled by the aspiring chefs' work: "We've got the best finalists I've seen in standard of food and commitment. It's quite incredible," he enthuses. So what's been the highlight of the series for him? "The one that really takes the biscuit is the three finalists, without any catering team whatsoever, went into number 10, they cooked dinner for Irish premier Bertie Aherne and Prime Minister Tony Blair. That was an incredible experience, and a very nerve-wracking time for me and John." Who will walk off with the 2007 title? That remains to be seen, but there's bound to be plenty of drama before the winner is eventually revealed. Bon appetit.

## C4

5.55 Inuk. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Cheltenham Morning Line. (T) 9.30 The KNTV Show; (R) (T) Before and After. (R) (T) 10.00 Power to the People; (R) (T) Before and After. (R) (T) 10.30 Engineering at the Cutting Edge; (R) (T) Before and After. (R) (T) 11.00 Preachers to Be; (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 Channel 4 Racing: Cheltenham Festival. The third and penultimate day of the festival. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Heavy Petting. The life of a suburban snake dancer. Last in series. (T) 8.00 10 Years Younger. A 37-year-old woman rejuvenates her image. Last in series. (R) (T) 9.00 Life After Death. People who have lost their partners in their early thirties. (T) 10.00 FILM: GoodFellas (1990). Martin Scorsese's outstanding gangster thriller about an Italian-American who dreams of joining Mafia society. Robert De Niro, Joe Pesci and Ray Liotta star. (T) 12.40 Cheltenham Festival Highlights. 1.10 4Music: Wireless Festival 2006. (R) (T) 2.15 FILM: Jakob the Liar (1999). Comedy drama, starring Robin Williams. (T) 4.15 Dispatches: Charles: The Meddling Prince. (R) (T) 5.05 Scrappy Races Rally. (R) (T)

## FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.25 Thomas & Friends. (R) (T) 8.40 Titch. (R) (T) 8.50 Mio Mao. 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.30 FILM: Spies, Lies and Naked Thighs (1988). Comedy thriller, starring Harry Anderson. (T) 3.30 FILM: Mercy Mission: The Rescue of Flight 771 (1993). Adventure, with Robert Loggia. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 Animal Attraction: Ultimate Seducers. The final documentary explores seduction in the animal kingdom. Focusing on a variety of creatures, it reveals how they use sound, smell and visual displays to attract a mate; (R) (T) 7.15 five news update. (T) 8.00 Mind the Fat: Does Fast Food = Slow Kids? The theory that healthy eating can boost intelligence. (T) 9.00 50 Shocking Facts About Your Food. The lockdown on bargain bangers and seafood. (T) 10.30 Extraordinary People: The Twins who Share a Body. (R) (T) 11.35 CSI: Crime Scene Investigation. (R) (T) 12.35 Football Night. (T) 1.25 Quiz Call. 4.00 Football Argentina Highlights. 4.50 Dutch Football.

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.59 London Weather. (T) 4.00 Dancing on Ice Exclusive. (T) 4.30 Agatha Christie's Poirot. (R) (T)

5.30 Dale's Supermarket Sweep. Members of the public go wild in the aisles in the high-speed trolley-dash quiz, competing for big prizes including a #5,000 cash prize. Dale Winton hosts. (T)

6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Lisa vents her anger at Zak for lying to her over Belle's fees but more pressing matters come to the fore when Sam grows concerned for Samson's health and rushes him to hospital. Len feels guilty about neglecting Pearl in favour of Edna and asks her to marry him. (T)

7.30 Live UEFA Cup Football. AZ Alkmaar v Newcastle United (Kick-off 7.35pm). The evening's last-16 second-leg tie comes from the DSB Stadium, where the Magpies will hope to defeat Louis van Gaal's men. Subsequent programmes are subject to change. (T)

9.45 TV's Naughtiest Blunders. Neil Morrissey offers another selection of celebrity slip-ups as the consummate professionals prove they're only human when it comes to making mistakes. Musicians Elton John and Donny Osmond come under the spotlight for all the wrong reasons, and there are also bloopers featuring presenters Paul O'Grady and Vernon Kay, alongside three Degrees singer Sheila Ferguson and cast members from the prison drama Bad Girls. (R) (T)

10.30 ITV News; Weather. (T)  
11.00 Frost Tonight.

11.30 Hancock's Half-Time. Nick Hancock and Sarah-Jane Mee present a round-up of the week's football action, news and gossip, featuring highlights, goals and interviews with some of the game's biggest names.

12.00 Make Your Play; ITV News Headlines. 4.10 Make Me Perfect. (R) (T) 5.00 ITV Nightscreen.



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## LOCAL

**RTP1**  
0630 Bom Dia Portugal 0900 Natal dos Hospitais 1300 News 1415 Natal dos Hospitais 2000 News 2100 Grande Entrevista com Henrique Granadeiro 2145 Contra Informação 0045 A Muder In Announced, film 0400 TeleSales 0605 Nós 0625 Boletim das Pescas

**RTP2**  
0700 Magazine 0720 Mostral 0730 Zig Zag cartoons 1400 Sociedade Civil 1530 Portugal, Um Retrato Ambiental 1600 entre Nós 1630 EuroNews 1700 National Geographic 1730 Discovery Hour 1830 Fé dos Homens 1900 Initiative 1945 Zig Zag 2045 Yes Dear 2145 Discovery Hour 2200 News 2230 The Twilight Zone 2330 A Revolta dos Pastéis 0030 The Guardian 0530 EuroNews

**SIC**  
0645 Sic Kids 0830Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Laços de Família 1530 Contacto 1715 Floribela 2045 News 2000 News 2145 Floribela 2215 Cobras & Lagartos 2315 Jura

**TVI**  
0700 Diário Da Manhã 1000 Você na TV 1300 News 1400 Inspector Max 1500 Anjo Selvagem 1600 Quem Quer Ganhar 1800 Morangos com Açúcar 2115 Morangos com Açúcar 2215 TVI Gala 0015 Dr House 0130 Cartaz das Artes 0430 CSI

## Best of the Rest

**BBC3**  
7.00 Anthea Turner: Perfect Housewife 8.00 Comic Relief Does Fame Academy 8.30 Castaway: The Last 24 Hours 9.00 The Roadkill Chef 10.00 EastEnders 10.30 The Real Hustle 11.00 Conning the Conmen 11.30 Comic Relief Does Fame Academy 12.00 Castaway: The Last 24 Hours 12.30 Freaky Eaters 1.25 Comic Relief Does Fame Academy 2.25 Comic Relief Does Fame Academy 2.55 Comic Relief Does Fame Academy 3.55 Close

**BBC4**  
7.00 Wainwright Walks 7.30 Tomorrow's World 8.00 The World 8.00 Weather 8.30 The Waiting Room 9.00 Are We Having Fun Yet? 10.00 Tight Spot 10.00 The Lift 10.30 Operation Good Guys 11.00 Storyville: Little Dieter Needs to Fly 12.10 Are We Having Fun Yet? 1.10 Proms on Four 2.55 Are We Having Fun Yet? 3.55 Close

**ITV2**  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 Smallville 8.00 Wags' Boutique 9.00 Film: Runaway Bride PG (1999) 11.10 Supernatural 12.10 Comedy Cuts 12.40 The Office: An American Workplace 1.10 Make Your Play: ITV Play 4.00 TeleShopping 6.00 Close  
**Sky One**

1.00 Angel 2.00 Tru Calling 3.00 Jake 2.0 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Rescue Me 11.00 Cold Case 12.00 Eye of the Storm 12.30 Eye of the Storm 1.00 Sport Uncovered 1.50 Uncut! The Villa 2.40 The 4400 3.30 Tru Calling 4.20 Star Trek: Voyager 5.10 Star Trek: Voyager

**UKTV Gold**  
1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 The Good Life 3.00 Open All Hours 3.40 Porridge 4.20 The Bill 5.00 The Bill 6.00 The Bill 7.00 Open All Hours 7.40 Porridge 8.20 My Family 9.00 Only Fools and Horses 9.40 The Vicar of Dibley 10.20 I'm Alan Partridge 11.00 Only Fools and Horses 11.40 The Vicar of Dibley 12.20 I'm Alan Partridge 1.00 Gimme Gimme Gimme 1.35 Blessed 2.10 Holby City 3.05 Ballykissangel 3.55 Ballykissangel 4.45 Ballykissangel 5.35 Neighbours

**TCM**  
1.25 Valley of the Kings U (1954) 3.00 Les Girls PG (1957) 5.05 Kiss Me Kate U (1953) 7.05 Welcome to Hard Times PG (1967) 9.00 Poltergeist 15 (1982) 11.05 Guns for San Sebastian PG (1968) 1.10 The Charge of the Light Brigade U (1936) 3.00 TeleShopping  
**The Disney Channel**  
Kids' programmes from 7am

## MOVIES

## Sky Movies 1

6.50 The Legend of Frosty the Snowman U (2005) 8.10 Houseguest PG (1995) 10.05 Here Comes the Son PG (1996) 11.45 Star Wars: Episode VI - Return of the Jedi U (1983) Sci-fi adventure, starring Harrison Ford. 2.05 Houseguest PG (1995) Comedy, starring Sinbad and Phil Hartman. 4.00 Here Comes the Son PG (1996) Family drama, starring Scott Bakula. 5.40 Star Wars: Episode VI - Return of the Jedi U (1983) Sci-fi adventure, starring Harrison Ford. 8.00 Elizabethtown 12 (2005) Comedy-drama, starring Orlando Bloom. 10.10 Maximum Risk 18 (1996) Action thriller, starring Jean-Claude Van Damme. 11.55 The Forgotten 12 (2004) Psychological thriller, starring Julianne Moore. 1.40 Churchill: The Hollywood Years 15 (2004) Comedy, starring Christian Slater. 3.10 Soul Food 15 (1997) 5.10 The Legend of Frosty the Snowman U (2005)

## Sky Movies 2

6.35 Jingle All the Way PG (1996) 8.05 Freddie as FR07 PG (1992) 9.30 The Duke U (1999) 11.10 Felicity: An American Girl Adventure (2005) Drama, starring Shailene Woodley. 12.20 Jingle All the Way PG (1996) Comedy, starring Arnold Schwarzenegger. 2.30 Freddie as FR07 PG (1992) Animated adventure, voiced by Ben Kingsley. 4.00 The Duke

U (1999) Children's comedy, starring James Doohan. 5.45 Indie on Sky Movies 6.05 Felicity: An American Girl Adventure (2005) Drama, starring Shailene Woodley. 8.00 Air Force One 15 (1997) Action thriller, starring Harrison Ford. 10.10 Courage Under Fire 15 (1996) Thriller, with Meg Ryan and Denzel Washington. 12.10 The Phantom of the Opera 12 (2004) Musical drama, starring Emmy Rossum. 2.35 Lean On Me 18 (1988) Fact-based drama, starring Morgan Freeman. 4.30 Freddie as FR07 PG (1992)

## Sky Cinema 1

6.15 Convict 13 PG (1920) 6.45 I Was a Male War Bride U (1949) 8.35 The Chaplin Revue U (1959) 10.40 King Kong vs Godzilla PG (1962) 12.20 The Italian Job PG (1969) Crime caper, starring Michael Caine. 2.10 The Chaplin Revue U (1959) A trio of Chaplin comedies. 4.15 King Kong vs Godzilla PG (1962) Creature feature, starring Michael Keith. 6.00 The Italian Job PG (1969) Crime caper, starring Michael Caine. 8.00 Ferris Bueller's Day Off 15 (1986) Chaotic comedy, starring Matthew Broderick. 9.45 US Top 10 10.00 Evil Dead II 18 (1987) Horror sequel, starring Bruce Campbell. 11.40 Marnie 15 (1964) Hitchcock suspense thriller. Sean Connery stars. 1.55 Ferris Bueller's Day Off 15 (1986) Chaotic comedy, starring Matthew Broderick. 3.40 UK Top 10 4.00 I Was a Male War Bride U (1949)

## Sky Sports 1

6.00 European Tour Weekly 6.30 Live European Tour Golf. The TCL Classic. 9.30 Total Rugby 10.00 Boots 'n' All 11.00 World Cup Cricket 12.00 World Cup Cricket 1.00 Live World Cup Cricket. Ireland v Zimbabwe. 11.00 Football League Review 12.00 FIFA Futbol Mundial 12.30 The Rugby Club 2.00 Football League Review 3.00 FIFA Futbol Mundial 3.30 Close

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 High Altitude 7.00 Aerobics Oz Style 7.30 High Altitude 8.00 World Cup Cricket 9.00 World Cup Cricket 10.00 Football Special 12.00 European Tour Golf 3.00 Total Rugby 3.30 Wild Spirits 4.00 Boots 'n' All 5.00 The Rugby Club 6.30 Football League Review 7.30 Live Premier League Darts. Round seven from the Winter Gardens in Blackpool. 11.00 Race World 12.00 Golf Night 2.30 Race World 3.30 Close

## Sky Sports 3

7.00 WWE: Experience 8.00 Watersports World 9.00 Pool 10.00 Pool 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Transworld Sport 2.00 Football Special 4.00 Watersports World 5.00 WWE: Heat 6.00 Race World

## SPORT

7.00 NBA Action 7.30 Golf Night 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 Premier League Darts 4.30 Close

## British Eurosport

7.30 Yoz Xtreme 8.00 World Touring Car Championship 8.30 Live Alpine Skiing. The World Cup meeting in Lenzerheide. 9.45 Live Biathlon. World Cup coverage from Khanty-Mansiysk. 11.00 Cross-Country Skiing 11.30 Live Alpine Skiing. The World Cup meeting in Lenzerheide. 12.45 Cycling 1.30 Live Cycling. Stage four of the Paris-Nice race. 3.00 Cycling 3.45 WATTS 4.00 Biathlon 5.00 Live Ski Jumping. World Cup coverage from Lillehammer. 6.00 Live WTA Tennis. The Pacific Life Open quarter-finals. 7.45 Live UEFA Cup Football. Coverage of a second-leg match in the last 16. 10.00 UEFA Cup Football 11.00 Cycling 12.00 Cycling 12.30 Close

## Sky Sports Xtra

4.00 High Altitude 4.30 ATP Tennis 5.00 360 Surfing 5.30 Tennis 7.30 Live Tennis. The Pacific Life Open. 9.30 The Rugby Club 11.00 High Altitude 12.00 NBA Action 12.00 ATP Tennis 12.30 360 Surfing 1.00 High Altitude 1.30 ATP Tennis 2.00 Close



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## BBC1

6.00 Breakfast. (T) 9.15 Beat the Bailiff. (T) 10.00 Escape to the Country. (T) BBC News; Weather. (T) 11.00 How to Live Longer. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Director's Debut: Baby Boom. (T) 2.50 Director's Debut: Sarah Parish. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.40 Raven. (T) 3.45 Shaun the Sheep. (T) 4.00 Whizz Whizz Bang Bang. (T) 4.30 Comic Relief Does Fame Academy on CBBC. (T) 5.00 Gina's Laughing Gear. (T) 5.30 Newsround. (T) 5.35 Neighbours. Elle arrives back in Erinsborough and is shocked to see another familiar face has returned, while Katya decides to protect her family by running away. Toadie is left with a bullet fragment lodged dangerously in his spine, and Steph confirms her feelings for him - unaware Boyd is listening. (R) (T) BBC News; Weather. (T)

6.00 Regional News Programmes; Weather. (T) 7.00 Comic Relief - The Big One. Lenny Henry and Fennea Cotton kick off the fundraising event with a performance by the Sugababes and Girls Aloud, who have teamed up to create their version of the Run DMC/Aerosmith classic Walk This Way. 2007's official Red Nose Day single. Rowan Atkinson reprises his role as the accident-prone but lovable Mr Bean. Ant and Dec also make an appearance, while Lenny surprises the audience with a specially designed suit courtesy of CBBC show Beat the Boss. 7.30 Paul O'Grady and Kate Thornton take the helm, as the two remaining Fame Academy contestants attempt to follow in the footsteps of reigning champion Edith Bowman. There's also a unique edition of Harry Hill's TV Burp. 8.00 Creature Comforts special from Aardman Animations, and Catherine Tate's character Lauren the Teenager discovers there is a new teacher at her school. 8.30 Russell Brand and Dennis Waterman take part in Little Britain live sketches. Jon Culshaw, Ronni Ancona, Jan Ravens, Phil Cornwell and John Sessions poke fun at the world of celebrity. 9.00 Chris Evans and Davina McCall assume control, before Patrick Kielty and Claudia Winkleman reveal the winner of Comic Relief Does Fame Academy. Dawn French returns as the Vicar of Dibley in a one-off special of Richard Curtis's creation, featuring guests Sting and wife Trudie Styler. 9.30 Mathematicians Carol Vorderman and Johnny Ball appear in Mitchell and Webb's nonsensical game show Numberbang, before Take That perform live in the studio. Peter Kay provides a secret treat. Continues at 10.35pm. (T)

10.00 BBC News at Ten O'Clock. (T) 10.30 Regional News; Weather. (T) 1.30 The Biggest Ever Comic Relief Clip Show - Ever! (T) 3.05 BBC News 24. (T) 5.00 Cricket World Cup. (T)



## BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers. (R) (T) 6.40 Balamory. (R) (T) 7.00 CBBC: Astro Boy. (R) (T) 7.20 Diddy Dick & Dom. (R) (T) 7.25 Newsround. (T) 7.30 Shaun the Sheep. (R) (T) 7.45 Comic Relief Does Fame Academy on CBBC. (R) (T) 8.15 ChuckleVision. (R) (T) 8.30 CBeebies: Brum. (R) (T) 8.40 Tweenies. (R) (T) 9.00 Doodle Do. (R) (T) 9.20 Lunar Jim. (R) (T) 9.30 Something Special. (R) (T) 9.45 Numberjacks. (T) 10.00 Nina and the Neurons. (T) 10.15 Jackanory Junior. (T) 10.30 Schools: Razzledazzle. (T) 10.50 Words and Pictures. (T) 11.00 Starship. (T) 11.20 Focus. (T) 11.40 See You, See Me. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Animal Park. (T) 2.15 A Taste of My Life. (R) (T) 2.45 Castle in the Country. (R) (T) 3.15 Sudo-Q. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (R) (T) 7.00 Lemurs of Madagascar. Three female lemurs fight to protect their babies. (R) (T) 7.30 Open Gardens. A horticultural journalist gets gardening tips. (R) (T) 8.00 A New Year at Kew. The staff prepare for the garden's future. Last in series. (T) 8.30 Gardeners' World. New series. Monty Don celebrates 40 years of the show. (T) 9.00 Moira Stuart in Search of Wilberforce. The life and work of William Wilberforce. (T) 10.00 Top Gear of the Pops. The Top Gear gang create their own version of the iconic show. (T) 10.35 Newsnight. (T) 11.05 Newsnight Review. (T) 11.40 Cricket World Cup. (T) 12.40 Star Trek. (R) (T) 1.30 Star Trek. (R) (T) 2.20 Malcolm in the Middle. (R) (T) 2.45 Cose.

## Pick of the Day

## Comic Relief - The Big One (BBC1, 7pm)

Many of you will have been hard at work for the past few days, preparing to do something silly to raise cash for Comic Relief. Although the fundraising is far from over for the team behind the charity, at least viewers who have been donning red noses and suchlike can enjoy some top-notch entertainment as a reward. If you haven't yet dipped into your pocket to donate, then the stars are out in force to persuade you to do so. Jonathan Ross, Lenny Henry, Russell Brand, Davina McCall and Chris Evans are just a few of the big names presiding over the festivities, and what a fun-packed evening they have in store. Not only will there be a special edition of The Vicar of Dibley (yes, we are assured it is the last one ever), which boasts guest star Sting, but also the finals of Comic Relief specials The Apprentice and Fame Academy. We'll find out whether the girls managed to trounce the boys and get into Alan Sugar's good books, and which of the remaining celebrities follows in the footsteps of previous winner Edith Bowman in the singing competition. There's also a much-anticipated appearance by Mr Bean, who causes all manner of mayhem for a few famous faces.

## C4

6.05 Grabbit the Rabbit. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Friends. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Cheltenham Morning Line. (T) 9.30 The KNTV Show; (R) (T) Before and After. (R) (T) 10.00 Power to the People; (R) (T) Before and After. (R) (T) 10.30 Engineering at the Cutting Edge; (R) (T) Before and After. (R) (T) 11.00 Preachers to Be; (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 Channel 4 Racing: Cheltenham Festival. Including the 3.15 Totesport Cheltenham Gold Cup Steeple Chase (3m 2f 110yds). (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Cheltenham Festival Highlights. A re-run of the Totesport Cheltenham Gold Cup Steeple Chase. (T) 7.35 The Insider. Unmarried Parents Scandal. The rights of co-habiting couples. (T) 8.00 Ugly Betty. The Mode staff celebrate Thanksgiving. (R) (T) 9.00 Ugly Betty. An important photo shoot keeps Betty on her toes. (R) (T) 10.00 Ugly Betty. Amanda arranges the perfect Mode Christmas party, complete with fake snow and festive wishes, in the hope of stepping into her rival's shoes. Betty questions her love for Walter. (R) (T) 11.05 Balls of Steel. (R) (T) 11.50 Muse: Video Exclusive. (T) 11.55 Cheltenham Festival Highlights. 12.30 4Music: The Magic Numbers Cover Story. (T) 12.45 4Music: JD Set: Aliens. (T) 1.00 4Music: Wireless Festival. (R) (T) 2.05 4Music: 4Play: The Rumble Strips. (T) 2.20 4Music: Muse: Video Exclusive. (R) (T) 2.25 World Cup Snowboard. 4.15 Life After Death. (R) (T) 5.15 Scrappy Races Rally. (R) (T)

## FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Old Bear Stories. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 The Beeps. (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.25 Thomas & Friends. (R) (T) 8.40 Titch. (R) (T) 8.50 Mio Mao. (R) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 BrainTeaser. (T) 1.35 FILM: What Kind of Mother Are You? (1996). Fact-based drama, starring Mel Harris. (T) 3.35 five news update. (T) 3.40 FILM: Love Comes Softly (2003). Premiere. Drama, starring Katherine Heigl. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.30 Mean Machines. An insight into the largest and fastest trucks, including the Cobra 2, a rapid-response fire and rescue engine designed to tackle aircraft crashes after take-off or landing. (T) 7.30 five news update. (T) 8.00 The Dark Side of Hippos. The aggressive side of the herbivorous hulks; (R) (T) 8.00 five news at 9.00 NCIS. A supermodel dies on a Marine base. (T) 10.00 Law & Order: Criminal Intent. Goren tracks a paranoid chess master. (T) 11.00 Size Matters - Celebrities on the Scales. (T) 12.00 Prison Break. (R) (T) 1.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.59 London Weather. (T) 4.00 Dancing on Ice Exclusive. (T) 4.30 Agatha Christie's Poirot. (R) (T) 5.30 Dale's Supermarket Sweep. Members of the public go wild in the aisles in the high-speed trolley-dash quiz, competing for prizes including #5,000 in cash. Dale Winton hosts. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Jack offers to take Daz out for lunch in town but worries the youngster is slipping away from him when he reveals he already has plans with Billy. Emily joins Sam at the hospital as he waits for Samson's test results, while Zak and Lisa are touched by Rosemary's concern for Belle. (T) 7.30 Coronation Street. Deirdre investigates Tracy's story further and is disturbed to find more evidence suggesting her daughter is lying. Carla is relieved when Paul returns and assures him she won't reveal his secret to Michelle - as long as he's truthful with her from now on. Violet gets good news from the hospital. (T) 8.00 A Touch of Frost. David Jason's sleuthing alter-ego is taken hostage while interviewing a suspect, but somehow manages to talk his way out of trouble - quite an achievement for a man whose lack of tact is legendary. Having experienced what it's like to look down a gun barrel, he barges into a nearby army camp where investigators are trying to solve a soldier's murder, but finds his help isn't appreciated. Bruce Alexander, Sam Kelly, Nicholas Jones and Saira Todd also star. (R) (T) 10.00 Florida Beached: Tonight. (T) 10.30 ITV News; Weather. (T) 11.00 Al Murray's Happy Hour. The X Factor judge and pop mogul Louis Walsh drops in to the bar to chat about all things musical with the Pub Landlord, while model Penny Lancaster spills the beans on life as Rod Stewart's fiancée. Last in series. (R) (T) 12.00 Make Your Play. 2.20 F1: Australian Grand Prix Qualifying. From Albert Park in Melbourne; (T) ITV News Headlines. 4.20 60 Minute Makeover. (R) (T) 5.10 ITV Nightscene.

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

## LOCAL

**RTP1**  
0630 Bom dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Los Riscos Tambien  
Lloran 1530 Marco Paulo - 40  
Anos de Amor Eterno 1715  
Lingo 1800 Portugal em  
Directo 1915 O Preço Certo  
1955 Direito de Antena 2000  
News 2100 Cuidado com a  
Cingua 2115 Herodes: Por  
Detás do Mito 0030 Film TBA  
**RTP2**  
0700 EuroNews 0715 Zig zag  
1400 Sociedade Civil 1530  
O Lugar da História 1600  
Entre Nós 1630 Euronews  
1700 Lendas Vivas de Além  
Mar 1730 Discovery Hour  
1830 A Fé dos Homens 1900  
Haja Saúde 1945 Zig Zag  
2045 Yes Dear 2115 Discovery  
Hour 2200 News  
0015 The Guardian 0145 Haja  
Saúde  
**SIC**  
0645 Sic Kids 0830Floribela  
1000 Fátima 1300 News 1400  
O Profeta 1445 Laços de  
Família 1530 Contacto 1715  
Floribella 1900 Sinhá Moça  
2000 News 2145 Floribella  
2215 Cobras & Lagartos 2315  
Jura 0015 Film TBA  
**TVI**  
0700 Diário da Manhã 1000  
Vocé na TV 1300 News 14000  
Inspector max 1500 Anjo  
Salvemigo 1600 Quem Quer  
Ganha 1800 Morangos com  
Açúcar 2000 News 2115  
Euro Milhões 2130 Morangos  
com Açúcar 2215 Tempo de  
Viver 2330 Fala-me de Amot  
0030 Um Desejo Tão Simples  
0300 Film TBA

## Best of the Rest

**BBC3**  
7.00 Doctor Who Confidential  
7.30 Doctor Who 8.15  
Doctor Who 9.00 Film: Fight  
Club 18 (1999) 11.15 Two  
Pints of Lager and a Packet  
of Crisps 11.45 Two Pints of  
Lager and a Packet of Crisps  
12.15 Family Guy 12.35  
Family Guy 1.00  
Moonmonkeys 1.30 Two  
Pints of Lager and a Packet  
of Crisps 2.00 Two Pints of  
Lager and a Packet of Crisps  
2.30 Freaky Eaters 3.30  
Close  
**BBC4**  
7.00 Top of the Pops 8.00  
The World 8.00 Weather 8.30  
All Mod Cons 9.00 Celtic Con-  
nections 10.00 Hotel 10.30  
Folk Hibernia at the BBC  
11.30 Folk Hibernia 1.00  
Never Mind the Full Stops  
1.30 Celtic Connections 2.30  
Proms on Four 4.10 Close  
**ITV2**  
1.00 Emmerdale 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.40 Ricki  
Lake 4.25 Sally Jessy  
Raphael 5.15 Airline USA  
5.45 Judge Judy 7.00  
Smallville 8.00 American Idol  
10.00 American Idol 10.30  
Haunted Homes 11.30 Cora-  
nation Street 12.00 ITV at  
the Movies 12.30 Test Drive  
My Girlfriend 1.00 Make Your  
Play; ITV Play 4.00  
Teleshopping 6.00 Close  
**Sky One**  
1.00 Angel 2.00 Tru Calling  
3.00 Jake 2.0 4.00 Stargate  
SG-1 5.00 Stargate SG-1  
6.00 Futurama 6.30 Futurama

7.00 The Simpsons 7.30 The  
Simpsons 8.00 The Simpsons  
8.30 Crash Test Dummies  
9.00 Film: Gattaca 15 (1997)  
11.00 Cold Case 12.00 Eye  
of the Storm 12.30 Eye of  
the Storm 1.00 Street Wars  
1.50 Uncut! The Villa 2.40  
The 4000 3.30 Tru Calling  
4.20 Star Trek: Voyager 5.10  
Footballers' Pads 5.35 Stin-  
gravy  
**UKTV Gold**  
1.00 Last of the Summer  
Wine 1.40 Keeping Up Ap-  
pearances 2.20 The Good  
Life 3.00 Open All Hours 3.40  
Porridge 4.20 My Family  
5.00 The Bill 6.00 The Bill  
7.00 Open All Hours 7.40  
Porridge 8.20 My Family  
9.00 Only Fools and Horses  
9.40 The Vicar of Dibley 10.30  
EuroMillions Draw 10.30  
Film: Blue Streak 12 (1999)  
12.30 The Royle Family 1.10  
Gimme Gimme Gimme 1.50  
Holby City 2.50  
Ballykissangel 3.40  
Ballykissangel 4.30  
Ballykissangel 5.35  
**TCM**  
7.00 The Sandpiper PG (1965)  
5.20 No Guts, No Glory: 75  
Years of Blockbusters 6.20  
Objective, Burma! PG (1945)  
9.00 The Shining 18 (1980)  
11.40 The Outriders U (1950)  
1.25 I Am a Fugitive from a  
Chain Gang 12 (1932) 3.00  
Teleshopping  
**The Disney Channel**  
Kids' programmes from 7am,  
except:

## MOVIES

## Sky Movies 1

6.30 A Time to Decide PG  
(2000) 8.15 Taken Away PG  
(1996) 10.00 Almost Salinas  
PG (2001) 11.50 Star Wars:  
Episode IV - A New Hope PG  
(1977) Blockbusting sci-fi ad-  
venture, with Harrison Ford.  
2.10 Taken Away PG (1996)  
Powerful drama, with Jill  
Eikenberry. 4.00 The Adven-  
tures of Ragtime U (1998)  
Family comedy, starring  
Shelley Long. 5.50 Star Wars:  
Episode IV - A New Hope U  
(1977) Blockbusting sci-fi ad-  
venture, with Harrison Ford.  
8.00 Red Eye 12 (2005) Thriller,  
starring Rachel McAdams. 9.30  
Starship Troopers 15 (1997)  
Sci-fi adventure, starring  
Casper Van Dien. 11.45 Crim-  
son Force 12 (2005) Sci-fi ad-  
venture, starring C Thomas  
Howell. 1.20 The United States  
of Leland 15 (2002) Drama  
starring Don Cheadle. 3.10  
Being Julia 12 (2004) 5.00 A  
Time to Decide PG (2000)

## Sky Movies 2

6.00 Can't Be Heaven PG  
(1999) 7.40 Miracle on 34th  
Street U (1994) 9.40 The Sign  
of Four PG (2001) 11.10 Fat  
Albert U (2004) Children's ad-  
venture, starring Kenan Thomp-  
son. 12.55 Miracle on 34th  
Street U (1994) Festive fan-  
tasy, starring Richard  
Attenborough. 2.55 Can't Be  
Heaven PG (1999) Heart-  
warming drama, starring Ralph  
Macchio. 4.35 The Sign of Four

PG (2001) Sherlock Holmes  
mystery, starring Matt Frewer.  
6.05 US Top 10 6.20 Fat Albert  
U (2004) Children's adventure,  
starring Kenan Thompson. 8.00  
Volcano 12 (1997) Action ad-  
venture, starring Tommy Lee  
Jones. 9.45 Four Brothers 15  
(2005) Revenge thriller, star-  
ring Mark Wahlberg. 11.40 Bul-  
letproof 18 (1996) Cop com-  
edy, starring Adam Sandler.  
1.15 Painkiller Jane 12 (2005)  
Sci-fi adventure, starring  
Emmanuelle Vaugier. 2.55 Twin  
Town 18 (1997) Black com-  
edy, starring Rhys Ifans and  
Llŷr Evans. 4.55 The Sign of  
Four PG (2001)

## Sky Cinema 1

6.00 AFI Sean Connery Tribute  
7.40 Steamboat Bill Jnr U  
(1928) 9.05 Bus Stop U (1956)  
10.45 AFI Sean Connery Tribute  
12.30 Starman PG (1984)  
Sci-fi fantasy, starring Jeff  
Bridges. 2.30 Bus Stop U (1956)  
Romantic comedy drama, star-  
ring Marilyn Monroe. 4.15 AFI  
Sean Connery Tribute 6.00  
Starman PG (1984) Sci-fi fan-  
tasy, starring Jeff Bridges.  
8.00 Glory 15 (1989) American  
Civil War drama, starring  
Denzel Washington. 10.05 Sea  
of Love 18 (1989) Erotic thriller,  
starring Al Pacino. 12.10 The  
Entity 18 (1983) Psychological  
thriller, starring Barbara  
Hershey. 2.20 Glory 15 (1989)  
American Civil War drama,  
starring Denzel Washington.  
4.30 Steamboat Bill Jnr U  
(1928)

## Sky Sports 1

6.00 FIFA Futbol Mundial 6.30  
Live European Tour Golf. The TCL  
Classic. 9.30 FIFA Futbol Mundial  
10.00 Football League Review  
11.00 World Cup Cricket 12.00  
World Cup Cricket 1.00 Live  
World Cup Cricket. England v New  
Zealand. 10.00 Soccer AM's All  
Sports Show 11.00 Premier League  
Preview 11.30 FIFA Futbol Mundial  
12.00 Super League 1.30 Premier  
League Preview 2.00 Friday Night  
Night 4.00 Soccer AM's All Sports  
Show 5.00 Premier League Pre-  
view 5.30 FIFA Futbol Mundial

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 High  
Altitude 7.00 Aerobics Oz Style  
7.30 High Altitude 8.00 World Cup  
Cricket 9.00 World Cup Cricket  
10.00 The Rugby Club 11.30 FIFA  
Futbol Mundial 12.00 European  
Tour Golf 3.00 ATP Tennis 3.30  
FIFA Futbol Mundial 4.00 Football  
League Review 5.00 Premier  
League Preview 5.30 FIFA Futbol  
Mundial 6.00 Soccer AM's All Sports  
Show 7.00 Premier League Pre-  
view 7.30 Live Football League.  
Southampton v Colchester United  
(Kick-off 7.45pm). 10.00 Live Fri-  
day Night. Jonathan Thaxton  
v Scott Lawton. 12.00 Golf Night  
2.30 Super League 4.00 Football  
League 5.30 High Altitude

## Sky Sports 3

7.00 WWE: Raw 9.00 High Altitude  
9.30 ATP Tennis 10.00 Race World  
11.00 Racing News 11.30 Aerobics  
Oz Style 12.00 Transworld  
Sport 1.00 Football League Re-

view 2.00 High Altitude 2.30 NBA  
Action 3.00 Transworld Sport 4.00  
Race World 5.00 WWE: Raw 7.00  
World Sport 7.30 Live Super  
League. Salford City Reds v Wigan  
Warriors (Kick-off 8.00pm). 10.00  
WWE: Late Night - Smackdown  
12.00 WWE: Late Night - Bottom  
Line 1.00 Football League 2.30  
Premier League Preview 3.00 High  
Altitude 3.30 World Sport 4.00  
Race World 5.00 Watersports World

## British Eurosport

7.30 Escape 8.00 Cycling 8.30  
Live Alpine Skiing. The World Cup  
meeting in Lenzerheide. 9.30 UEFA  
Cup Football 10.15 UEFA Cup  
Football 11.00 UEFA Cup Football  
11.30 Live Alpine Skiing. The World  
Cup meeting in Lenzerheide. 12.30  
WTA Tennis 1.30 Tatiana's World  
1.45 Live Cycling. Stage five of  
the Paris-Nice race. 3.30 Ski Jump-  
ing 4.15 Live Ski Jumping. World  
Cup coverage from Lillehammer.  
6.00 Live WTA Tennis. The Pacific  
Life Open semi-final. 7.45  
Cycling 8.30 Cycling 9.00 Live  
WTA Tennis. The Pacific Life  
Open semi-final. 10.45 Top 24  
Clubs 11.15 Ski Jumping 12.30  
Close

## Sky Sports Xtra

12.00 ATP Tennis 12.30 Premier  
League Darts 4.00 High Altitude  
4.30 360 Surfing 5.00 World Sport  
5.30 Tennis 7.30 Golf Night 10.00  
Live Tennis. The Pacific Life Open.  
12.00 Soccer AM's All Sports  
Show 1.00 High Altitude 1.30 World  
Sport 2.00 Tennis 4.00 ATP Ten-  
nis 4.30 360 Surfing 5.00 Sports  
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# PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 10 Mar 2007

## PROPERTY OF THE WEEK

# Purchase a piece of Portugal



For decades people have been buying plots of land on which to build their dream home. This week's 'Property of the Week' features two stunning pieces of land, as well as key advice on what to take into consideration when buying plots.

With the ever-stricter bureaucracy and past real estate boom, plots with planning permission or otherwise are becoming less and less frequent. Here, Azul Properties presents two different types of plot.

The first plot offers a rare opportunity to simultaneously acquire a historical artefact. Located in the peaceful village of Benafim the 2,000 square metre area of land boasts a beautiful, traditional Portuguese property, and ideal project for restoration enthusiasts.

An old food merchant's establishment, the charming rural building still retains original features like wooden shelving units, typically

high ceilings, a vine press, and a picturesque arch that frames a central courtyard.

A number of outbuildings adjoin the main house, and as the land on which they sit is classified 'urban land', as well as presenting the opportunity to be built upon, it also means existing buildings can be extended by 30 per cent.

Unique and very fairly priced at €270,000 (£185,000), this striking property presents the versatility to be restored to its former grandeur, either as a residence or an excellent business vehicle.

The second plot is located in the Porto Nobre area of Loulé, from which it is just a five-minute drive.

Sprawling some 57,000 square metres the land forms a picture-perfect valley, lush with indigenous flora, amongst which are groves of olive and carob trees.

As well as good access from all main towns, a quiet location and beautiful views, its further benefits from its own water supply, a fountain, and fertile soil. The plot also comprises a small vineyard, and despite not having planning permission for building, it summons all the ideal and necessary elements to be shaped into a healthy business venture, for example, as a botanical garden or a natural park.

This plot is priced at a 'very negotiable' €89,000 (£60,250).

Whilst others may shy away from the often-complex matter of plot bureaucracy, Azul Properties have the advantage of having up to date expertise on all the latest legislations. According to Azul Properties' real estate advisor Jean Claude Chaufour (see profile, page 38), there are four key factors to bear in mind when considering purchasing a plot:

- Plots are divided into four categories of land: Urban (which is within the borders of towns or villages), Agricultural, *Reserva Agrícola* (subject to building restrictions as is protected land), and *Reserva Ecológica* (subject to very strict restrictions; protected ecological land). Building projects for lands classified *Reservas Agrícolas* and *Reservas Ecológicas* do not get ultimate approval from the council, as opposed to the two former categorizations, an Agricultural Commission decides this.

- As a general rule, if a plot has ruins on-site, it can be built upon, even if it is classified as a *Reserva Ecológica*, though in this case construction can only be carried out to the size of the existing ruin and with hefty restrictions.

- When purchasing a plot, due to the complexity of legislations and increasing number of rules, always request a written document from the respective



The perfect restorational project: Plot 1.

town hall of exactly what can and can't be done on the land (a viability document).

- Rules and restrictions vary with each borough council. For example, in Loulé, a standard

agricultural plot with a ruin can be built on by up to 20 per cent, to a maximum of 400 square metres. In Faro this is reduced to a maximum construction size of 250 square metres. For more information on

either of the plots or other properties, contact Jean Claude Chaufour on: (+351) 961 620 754, e-mail: [jeanclaude@azul-properties.com](mailto:jeanclaude@azul-properties.com), or see website: [www.azul-properties.com](http://www.azul-properties.com).



Plot 2 spans 57,000 sqm and forms a beautiful, lush valley.



Plot 2.



Plot one's main building.



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### Dunas Douradas

Villa in quiet cul-de-sac. Hall, 4 bedrooms (2 en suite), 2 baths, dining room, living room w/ wood burning stove, fitted kitchen, furnished, alarm sys, radiators, A/C, pool, BBQ, roof terrace, garden, condo, pool & tennis courts. Plot: 750m<sup>2</sup>. Built area: 186,5m<sup>2</sup>. Ref. DD6 Price: £525.000



### Dunas Douradas

2 bedroom villa w/ study or single room, hall, south east facing terraces, 2 bathrooms, sitting and dining room w/ fireplace, fully fitted and equipped kitchen, Furnished, electric wall heaters and garden with automatic irrigation. Place for a plunge pool. Ref. DD9 Price: €475.000



### Vale do Lobo

Renovated townhouse in Vale do Lobo, near the golf club, restaurants and within walking distance to the beach. Consists of 3 bedrooms + 1, 4 bathrooms, living & dining room, partly furnished, fitted kitchen, air conditioning and roof terrace. Ref. VDL16 Price: €550.000



### Vale do Lobo

Completely refurbished townhouse in Vale do Lobo, near restaurants and within walking distance to the beach. Consists of 2 bedrooms, 2 bathrooms, Open plan sitting room kitchen, furnished and w/ air conditioning. Ref. VDL70 Price: €440.000



### Fonte Santa

4 bedroom semi detached villa composed of 4 bathrooms, living/dining room w/ fireplace, equipped kitchen, storage/laundry, gas storage, BBQ, extensive terraces, garden with automatic irrigation, garage & swimming pool. Ref. Fonte St<sup>a</sup> Price: €500.000

## MANORPARK properties

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**Casa Falcão**  
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### Villa Kasanova Loulé

Set amongst a beautiful landscaped garden filled w/ palm, fig & orange trees sits this large 4 bedroom villa. Close to town of Loulé in a friendly country neighbourhood makes this property the ideal location for permanent living & holiday making.

Price: € 585.000  
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**Villa Soalheira**  
S. Brás de Alportel  
Beautiful, well built new 4-bedroom villa w/investment opportunities as it includes neighbouring building plot. Lovely wood ceilings finishings. Top of the range kitchen & bathrooms. Country & distant seaviews are enjoyed from every corner of the plot.

Price: € 790.000  
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### Casa Borboleta Loulé

A lovely home in a good location close to the town of Loulé. This 3-bedroom villa offers space, top quality finishings and a lovely outside garden area with a swimming pool and an orchard surrounded by fruit trees.

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vilagente@mail.telepac.pt  
www.vendavilla.com



### Vale Carro

Apartment situated in a beautiful complex with communal swimming pool and garden area, composed of 2 bedrooms, 2 bathrooms, lounge w/ fireplace, equipped kitchen and terrace. Parking space and storage in the basement. Constr. area - 76 sqm. Ref: A1120 Price: € 198,000



### Vilamoura

Spacious 3 bedroom apartment composed of 2 bathrooms, lounge, kitchen, storage and terrace with sea and garden views. Parking space in the basement. Furnished and equipped. Construction area - 119 sqm. Ref: A1098 Price: € 250,000



### Vilamoura

Situated in a complex with swimming pool and garden area, apartment composed of 2 bedrooms, 2 bathrooms, dining room, lounge, equipped kitchen and 3 terraces. Parking space and storage in the basement. Furnished. Ref: A988 Price: € 265,000



### Vilamoura

Three bedroom villa comprising two bathrooms (one en suite), lounge with fireplace, dining room, kitchen, hallway and terraces. Double glazing windows. Furnished and equipped. Swimming pool and garden. Ref: V12329 Price: € 500,000



### Benfarras

Beautiful villa with sea view composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, equipped kitchen, storages, laundry room and carport. Alarm, air conditioning and central heating. Plot area: 1400 sqm. Constr. area: 310 sqm. Ref: V12263 Price: € 795,000



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Ref. V71739  
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### VILAMOURA "MILLENNIUM"

Ref. A61728  
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Tavira

3-bedroom townhouse in tranquil urbanization with communal pool. Consists of living room, dining area, open plan kitchen, 2 bathrooms and lovely roof terrace offering nice views over garden, pool and ocean. Construction: approx. 112m<sup>2</sup>. Ref: LHT-798 Price: € 285,000



Tavira

2 bedroom villa, immaculate condition, good location. Bright living room, dining area, semi-equipped kitchen, cloakroom, office, 2 en suite bathrooms, garage, good size sun terrace, lovely views. Ideal holiday/residential home. Approx. 115m<sup>2</sup> construction, plot 300m<sup>2</sup>. Ref: LHV-892 Price: € 295,000



Tavira

New modern & spacious 3-bedroom townhouse within walking distance of town centre in up-market residential area. Living/dining room (28m<sup>2</sup>), fitted kitchen, storage, garage, basement, garden & large roof terrace. Construction approx. 200m<sup>2</sup>. Ref: LHT-787 Price: from € 310,000



Tavira

Portuguese townhouse on v. good location in Tavira centre w/ garden, plunge pool, 3 double bedrooms, dining area, large (49m<sup>2</sup>) living room, office room, 2 bathrooms, cloakroom, good size fully equipped kitchen. Unique opportunity! Approx. 210m<sup>2</sup> constr., 196m<sup>2</sup> plot. Ref: LHT-814 Price: € 440,000



Stº Estevão

Magnificent south facing villa (210 m<sup>2</sup>) w/ swimming pool (8,5x5,5) & separate 2 bedroom bungalow (89 m<sup>2</sup>). Main villa: 4 double bedrooms, 3 bathrooms, dining room, living room, kitchen, store room. Mature garden, fully fenced. Plot: approx. 2040 m<sup>2</sup>. Ref: LHV-800 Price: € 498,000



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Vilamoura

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4 Bedroom / 3 Bathroom detached villa on a large plot of 1503m<sup>2</sup> with landscaped gardens and private swimming pool.

Price: € 755,000 / £ 520,000



Vilamoura

4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.

Price: € 695,000 / £ 479,000



Vilamoura

Brand new 2/4 bedroom townhouses with 2 en suite bathrooms, fully fitted modern kitchen, lounge with fireplace, 2 further rooms in basement for further bedrooms, gym or games room.

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# Taxes on Property - Part II (continued from last week)

## Taxes on income from property:

Individual Income Tax (*Imposto sobre o Rendimentos das Pessoas Individuais - IRS*)

### Lease and Rental Income

Similarly to the UK, types of income are divided into appropriate categories, which are explained below.

Income arising from property lease or rental is considered property income - category F and is levied in IRS.

For resident taxpayers, property income received is added up to the income received from all categories in order to obtain the total taxable income. Tax rates in force are then applied to the total taxable income so as to determine the basic tax assessment.

If the taxpayer has an organized accounts system, property income is subject to a withholding tax of 15%.

Non-resident taxpayers are charged at a special tax rate of 15% on property income.

A taxpayer must submit his income tax return annually between February 1 and April 30, under the terms mentioned in 4.8 below.

Non-resident taxpayers must appoint a Fiscal representative who is responsible for making sure that all required tax returns are made and any tax due is paid.

### Capital gains

Category G is the category under which capital gains are taxed.

In relation to property, tax on gains may be charged on:

- \* The sale of any interest in property including the transfer of property interests to a company owned by the taxpayer.

- \* Transfer of contractual possession or other inherent rights in respect of property contracts.

- \* The gain is deemed to be made at the time of disposal, or in the case of a promissory contract

of purchase and sale or exchange of property, when possession has been given or the risk has passed.

### The calculation of gains

The taxable gain on the disposal of an asset is calculated by making various deductions from the price realized on the sale as follows:

- \* The cost of acquisition or, in the case of transfer of a contractual possession, the incidental costs of buying and selling the asset.

- \* Any additional expenditure incurred on enhancing the value of the asset during the period of ownership.

- \* The indexation allowance.

### Rollover relief

Gains obtained from the sale of a taxpayer's principal permanent private residence may not be taxed in IRS when the following conditions are met:

- \* If within a period of 24 months

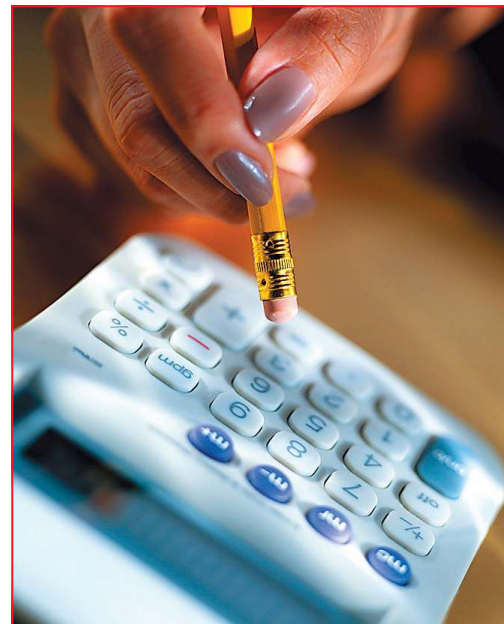
from the date of sale the price realized on the sale, less any loan obtained, is reinvested in another property or building land for construction or in construction, extension, refurbishment of another property for the same purpose.

- \* If the price realized on the sale after deduction of any loan obtained for its acquisition is used in the payment of a property, as long as this is made within the previous 12 months.

The exemption may be lost under the following circumstances:

- 1) If in respect of a reinvestment in another property, when it is not used by the taxpayer as a principal permanent residence, within six months from the time limit in which the reinvestment had to be made.

- 2) If in respect of reinvestment in land for construction, the taxpayer does not, save for reasons which can be imputed to public authorities, start the building



Income arising from property lease or rental is considered property income and is levied in IRS.

## When one door closes another sticks!

Interior doors often develop problems over time through constant use, changes in conditions and because of redecoration.

Here are some common problems that you're likely to encounter and how to deal with them.

### Side of door sticks

The usual cause of sticking at the side is coats of paint that have built up over the years along the frame and edge of the door.

Start by stripping off the paint with an electric sander or plane, then sand with fine sandpaper and

open and close the door several times to check it moves freely.

When the door's closed, there should be a small gap between it and the frame - check for this by running a knife all the way round. If, at any point, there isn't sufficient space for the knife to pass through, plane the edge of the door until it can (it may be easier to take the door off its hinges when doing this).

The door should no longer stick, but, if it's painted rather than natural wood, the job's not done yet. Prime and paint the edges you've just planed, being careful not to apply the paint too thickly or the door may stick again and you'll be back to square one.

### Base of door sticks

The reason for this is usually that the bottom edge of the door is unpainted, allowing moisture to penetrate and warp the door.

To solve the problem, remove the door from its hinges and dry the unpainted edge with a hot air gun, being very careful not to burn the wood or yourself.

If this doesn't solve the problem, clamp the door in a workbench and plane from the edge to the centre until the door's back to normal. When you're satisfied that the door no longer sticks, apply a couple of coats of quick-drying wood primer to the bottom edge to prevent moisture penetrating again and, when dry, rehang the door.

### Top of door sticks

The door's top edge probably just needs a plane to prevent it from sticking. To do this, either remove the door and clamp it in a workbench, or hold it open with wedges of wood and plane it in situ, standing on a stepladder.

### Door panel is cracked

If your door's painted, the solution's straightforward. Fill the crack with wood filler (preferably a flexible one), applying it with a filling knife so you get it as smooth as possible. Once dry, sand and paint over.

If your door's natural wood, it's not such a quick fix. Take a sharp knife and clean out the crack in the panel, then drill two or three holes (8mm in diameter) by the crack through the edge of the stile (long, thick, vertical piece of wood on a door) to line up with the edge of the panel.

Now cut two or three (depending on the number of holes you've drilled) 8mm dowels, ensuring they're 20mm longer than the stile is wide.

Squeeze wood glue into the crack and the holes in the stile, before driving the dowels into the holes far enough for them to close up the crack. Remove any excess adhesive and leave to dry. Once dry, saw off the protruding dowels with a junior hacksaw and finally smooth off with sandpaper.

Julia Gray



To prevent door hinges from squeaking, simply lubricate with aerosol WD-40.

works within six months from the time when the reinvestment had to be made, or does not register the property at the tax office within 24 months from the date of the start of the works. In each case the property must be occupied by the taxpayer as his principal private permanent residence by end of the fifth year following the reinvestment.

The same principal stated in point 2 above applies to reinvestment in building works, extension or refurbishment of a building.

If only part of the price realized on the sale is reinvested, the exemption shall only apply to that portion of gains corresponding to the amount reinvested.

### Taxable Value

Portuguese residents are charged IRS on 50% of the quantified gain on the sale of their principal private permanent residence.

Non-resident taxpayers are charged a flat rate of 25% on any gains they have made on the sale of Portuguese property.

Tax laws and regulations are frequently changed and it is therefore advisable to seek professional guidance. Tax and investment advice is available from your local tax office (*Serviço de Finanças*).

You can also get in touch with the main taxing office at:

Direcção-Geral das Contribuições e Impostos, Avenida 5 de Outubro, 52-C, R/c 1050056 Lisboa, Tel: 21 352 5168/70, E-mail: [webmaster@dgcLmin-fincas.pt](mailto:webmaster@dgcLmin-fincas.pt)

The Inland Revenue's Centre for Non-Residents may also be able to help you with UK tax matters. For more information, consult their website at [www.inlandrevenue.gov.uk](http://www.inlandrevenue.gov.uk).

Anyone intending to purchase property, retire to or work, in Portugal, is strongly advised to obtain independent financial advice from a specialist in both the UK and Portugal tax rules, on such matters as:

- \* The ownership structure of your Portuguese assets.

- \* The tax implications on investments in Portugal.

- \* The tax position of your pension fund as a resident of Portugal.

This information was provided courtesy of the Portuguese Chamber of Commerce in London, from their book 'Portugal, the Property Buyers' Guide'.

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An opportunity to acquire a large property set in 10,000 m2 of garden, some parts of which are over 120 years old. Mostly refurbished to a very high standard, this house will make an excellent family home with the added advantage of superb office facilities for anyone wishing to work from home and also have an additional income from the on-site holiday cottage.

The property boasts two large entertainment terraces, a Chef's dream of a kitchen with granite worktops throughout, a large relaxing dining room, a fully air conditioned lounge with satellite TV, a superb air conditioned four room master bedroom suite also with satellite TV, several

other bedrooms, a library, sewing room, laundry room, study, workshop, garden room, storeroom etc. in total nearly 600 square metres of covered area.

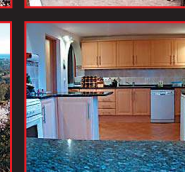
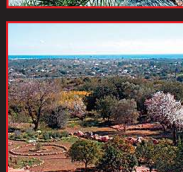
The office suite is air conditioned and fully wired with separate telephone, fax and ADSL broadband all networked to the adjoining office reception area. The holiday cottage offers a lounge/diner/kitchen and a double bedroom with en suite shower and toilet, a sun terrace and pool located outside the cottage door. The garden contains numerous fruit trees including oranges, lemons, grapefruit, apricots, figs, olives, almonds and carobs with an irrigation system covering most of the grounds.

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**A-522 Meia Praia - Lagos**

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**Price: €145,000. - £100,000.**



**A-537 Praia D. Ana - Lagos**

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# Closing the door on problems

If the door is hard to close and springs open, it is usually due to a problem with the hinges, which could be due to one of the following three reasons:

## 1. Hinges are set too deep

If the recesses for the hinges

are set too deeply into the frame or edge of the door, this is what you do. Open the door and wedge it in that position. Unscrew the hinge screws and remove the hinge flap from its recess. To build up the recess to

the right height, use small pieces of cardboard under the flap (they should be the same size as the flap). Ask someone to hold the door for you while you do this. Now screw the hinge back in place and check that you've used

## 2. Screw heads protrude

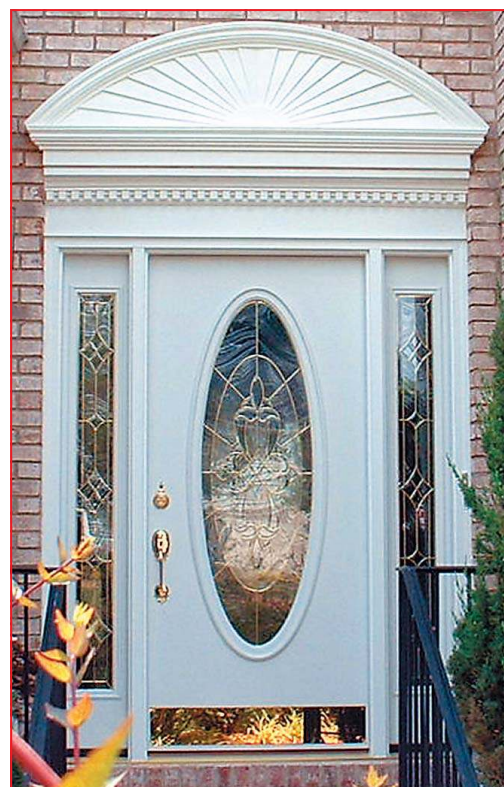
If the screw heads are too large for the holes, simply remove these screws and replace them, if possible, with ones with smaller heads. Another option is to make the holes deeper so the screw heads sit flat in them. Do this with a high-speed counter-sinking drill bit. If the screws protrude because they've been screwed in at an angle, remove them and fill the old holes with glued dowels (drill the holes out first if necessary), sawing the ends off the dowels so they're flush with the recess. Finally, make new pilot holes for the screws so they can go in straight.

## 3. Hinges in the wrong place

Hinges positioned too close to the door stop (the length of wood that the door closes against) cause problems. To remedy this, remove the hinges and fill the old screw holes with glued dowels, as before. Now drill new holes for the hinges further away from the stop, extending the recess if necessary. Alternatively, if you find it easier, you could prise off the stop and move it to a better position (only on an internal door).

## Door frame is loose

Repeated slamming of the door usually causes this. To remedy a loose doorframe, use frame plugs, which come with hammer-in screws and should be 6cm or more longer than the frame is thick. Drill through the frame and the wall beyond with a masonry drill bit, then hammer a screw and plug into the hole you've just drilled, stopping when the head of the screw is flush with the frame. Repeat until you have



three plugs on each side of the frame.

## Latch won't engage

This is caused by the striking plate and latch bolt being out of alignment. If they're only slightly out, simply unscrew the plate and use a metal file to make the holes in it a little bigger. If the problem's more severe, you'll need to

unscrew the striking plate and move it down the doorframe, elongating the recess it sits in with a chisel and hammer or mallet. Fill the old screw holes with glued dowels and drill pilot holes for the new screws, ensuring the plate's now in a position where it will align perfectly with the latch bolt.

Julia Gray



If the door hinges are set too deep, it could cause the door to continually spring open.



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the right amount of cardboard to make it flush with the wood. Do the same with the other hinge.

## Seasonal tasks

\* If you (or your builder) are renovating the exterior of your home, save any old bricks that have been removed and, if there's enough, use them later in the year to create paving in the garden.

\* Drafts aren't just caused by floorboards, windows and doors, fireplaces let cold air in too. If you have one that isn't in use, try installing a chimney balloon, which inflates to keep drafts out.

\* If you haven't insulated and draughtproofed your home as much as possible, bear in mind that, without doing this, 35 per cent of your heating can be lost through your walls, 20 per cent through your roof, 10 per

cent through your windows and 15 per cent through your exterior doors.

\* If you don't have double glazing or secondary double glazing, chances are that you suffer from a condensation problem in the colder months. As a result, water can pool on the windowsills and frames, causing the wood to eventually rot in the worst-case scenario.

\* To save yourself the future expense and work of treating the rot or even replacing the windows, wipe the frames and sills regularly to mop up any pooling water and ensure the paint isn't peeling away, as this protects the wood.

## DIY Questions & Answers

**Q: I've just stripped a wall of wallpaper and filled all the holes, but there's an imbedded nail head in there that I can't get hold of with pliers. It'll spoil the finish because it's protruding, so what can I do?**

A: The general rule with things like this is if you can't pull them out, you have to knock them in. Very gently hammer the nail head in and don't worry if you create a hole or dent - just fill it and sand smooth once dry.

**Q: The lock on my front door is really stiff and hard to use, what can I do?**

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# Fish ponds ripple into life



"The warmer weather sees a shift in activity within the pond among the fish and other potentially harmful micro-organisms including bacteria, fungi and parasites," says Rupert Bridges, fish expert and technical adviser at aquatics specialist Tetra. "This combination, if left untreated, can cause major upset and imbalance to the well being of the pond and the fish. This is partly due to the increase in activity among your fish as they start to feed again and the production of waste increases."

The grouping of harmful micro-organisms and increased waste can have a detrimental affect on the balance of the pond if specific procedures are not carried out, because when warmer weather comes the activity of these micro-organisms and the amount of waste produced may exceed the capabilities of the fish's immune system and of the filter to deal with them. But if you follow some basic guidelines, you can ensure a healthy balance of your pond in the next few months.

Give your pond a spring clean before the weather warms up, removing sediment with a pond vacuum plus problem plants. Start to feed your fish in early spring - there are many brands of fish food available and floating pellets and flakes are popular because they encourage the fish to the surface where they can be seen.

Only feed the fish once every two or three days initially, increasing the rations as the water warms up. Don't overfeed them because this may lead to disease.

Cut back old marginal vegetation from around the pond and

contain vigorous perennials by planting them in aquatic plant baskets and topping them up with a layer of gravel to prevent fish stirring up the compost.

You should give your pond filters a spring clean by gently rinsing any biological media (material), often consisting of black rings, in a bucket of pond water and spraying off foam sponges under the hose. Biological media should never be washed under the hose as the chlorine contained in the water will kill any beneficial bacteria.

Keep a close eye on your fish

during this period to allow you to react quickly to any signs of ill health. If possible, testing your water quality every week will give you even more of an advantage, allowing you to check the pond is keeping well balanced. Simple-to-use test kits are readily available.

Spring is also a good time to reassess your planting of marginals and deep water aquatics, which may have grown too big or are simply in the wrong place. If you have gaps, divide existing stock and replant them.

Hannah Stephenson

## What's in Store

Week by week more and more plants are arriving in the garden centres, but as we have insisted many times before, do make sure that you harden off the plants before planting in your borders as many of the wonderful plants that you see may have been grown in sheltered situations.

» **Violas** that include the larger flowered cultivars that many of us call **Pansies** are looking super in the garden centres at the moment, but in the very hot regions they will continue to look good until the extremely hot months of the year unless they are planted in cooler borders, watered well and dead headed frequently. They need to be planted in a fertile, well drained soil mixture that is kept moist at all times. They are usually used as annuals although with the care mentioned above may continue for longer

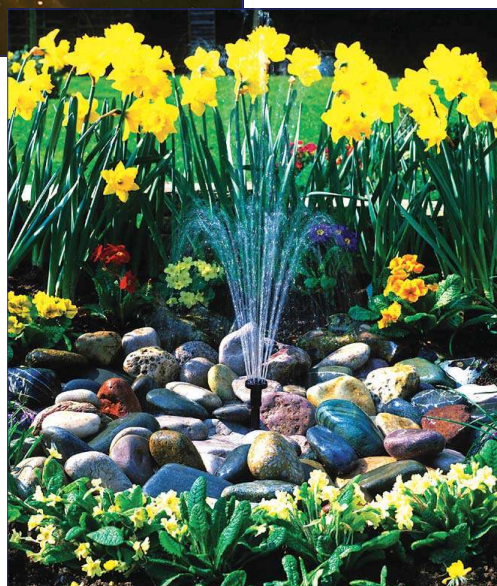
» **Euryops** is an evergreen with either grey or green foliage according to the variety. It makes a large bush up to a metre high and wide with golden yellow daisy-like flowers produced in succession. It is easy to cultivate in any soil type as long as it is well drained. A native of southern Africa it can be grown in full sun. Water every three or four days during the very hot months, and after flowering trim off the dead heads. If this is done on a regular basis you should get an almost continuous flowering. They do benefit from an application of liquid fertiliser every three to four weeks during the active growing and flowering season. In regions that experience frost it may be cut back if it is not protected, but the roots usually survive and quickly sprout again.

» **Osteospermum** is another rewarding plant for summer gardens, although you will often get spasmodic flowers throughout the year. This is another perennial with daisy-like flowers from southern Africa, but this time with either sparkling white flowers with metallic blue centres or other varieties in various shades of mauve or yellow. These need a fairly fertile sandy soil in full sun. They need to be watered frequently and given liquid fertiliser on a monthly basis during the growing and flowering season. They should be protected in regions where very frosty conditions are expected.

Madge and John Measures



Spring is a crucial time, not only for sowing seeds, pruning to make way for new growth, rejuvenating lawns and preparing vegetable patches, but also for preparing your pond for the new season, as the rise in temperature brings about key changes in the water.



## Top tips

Beat slugs and snails by growing plants they don't like, including *Digitalis purpurea*, *Euphorbia*, *Sedum spectabile*, *Tradescantia virginiana*, *Verbascum*, *Gaillardia aristata* and ornamental grasses.

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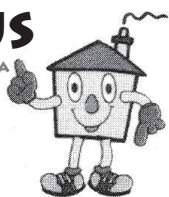
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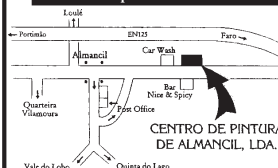
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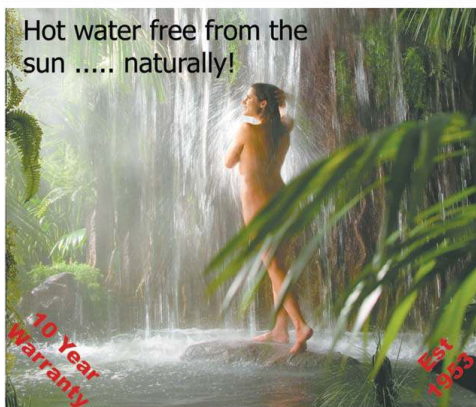
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# Cool teen style



Your teenager's room needn't be a style nightmare - liberally decorated only with tacky posters and accessorised in clutter and coffee cups. Get a guide to what's hot and what's not for trendy teenagers.

Teenagers' rooms can so easily turn into war zones as parents battle over the state of them (usually horrible) and their young owners 'express their personality' in them.

If this means everything from obscene posters through to health hazard piles of crockery, coffee cups and socks, it could be time to call a truce and suggest they have their room done up.

Prepare for a communication minefield, though. Ask any teenager how they want their room to look and you'll get the blank stare, shrug and 'I dunno'.

On the other hand, unwisely try to tell them how you'd like it to look and you'll probably get 'no way!'

But don't despair. Resort to bribery instead - promise a new bed or contribute some DIY hours to create shelves or a storage unit for them, and agree a decorating budget between you.

Also take on board your teenager's views on decoration, no matter how zany, says stylist Judith Wilson, whose new book *Teen Zone* is an inspiring manual that could save your sanity and avoid a lot of teenage angst.

She says: "Teenagers' bedrooms don't have to be sigh-inducing, eyebrow-raising pits. This is a time when teens are developing a distinctive style and views of their own."

"It's important to take that on board. Don't be sensitive if - horror of horrors - they are critical of your own taste! If they want to experiment in their rooms (within reason) let them, keep a sense of humour and also remember one day soon they'll move out and you might even miss those horrendous posters!"

Use our tips to create a room with street cred that they will love - and you can live with.

## Teenage Boys

Judith says: "It's a myth that teenage boys don't care about their bedrooms. But they may find it easier to create a distinctive look inspired by a favourite activity, from surfing to music, rather than conventionally picking colours or wallpapers."

"Suggest he downloads or photographs his favourite images, graphics, or logos and uses them as a starting point."

## Top Tips

- Most teenage boys like an edgy, urban look. Consider removing plaster and leaving brickwork exposed on one wall. Team it with colours like purple or scarlet. Panel a wall with tongue-and-groove boards and then paint them or cover one wall with cork tiles for a huge pinboard.

- Customise paintwork with graffiti style motifs. Ideally contain it within a specific area, such as a door or the sides of shelves.

- Or let them mix up their own

paint colour that's unique to their room and use it on one wall. Get their arty friends to help them decorate it.

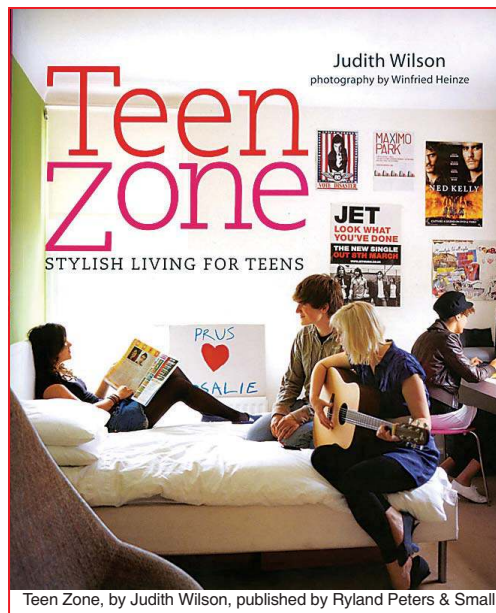
## Teenage Girls

Judith says: "Teenage girls generally love decorating their rooms. Encourage her to get ideas from magazines before she starts and stick to a modest budget."

"If wackily decorated walls can be repainted, ad hoc upholstery ideas rapidly restitched and cheap furniture swapped around, your daughter will feel more relaxed about experimenting. Use secondhand pieces of furniture,



Silentnight's new Chill-out™ bed for teenagers, perfect space for lounging. It banishes a headboard in favour of moveable mounted cushions and has practical acrylic accessories including a picture holder and side table. (Photo: Press Association / Silentnight)



Teen Zone, by Judith Wilson, published by Ryland Peters & Small

which can be repainted or customised with art work."

## Top Tips

- Don't hide away unusual vintage or party clothes. Use them as decoration by hanging them up on a wall or door.

- Make cushion covers with remnants of funky dress fabrics, from leather to lace, or raid market stalls for vintage silk scarves to stitch together.

- Jazz up a boring headboard by reupholstering it with a couple of metres of fake fur. Pull the fur tightly round the head-

board and staple gun in place. (Echo the look with fake fur cushion covers and a throw.)

- Stencil a wall with bold images and then hang up fairy lights on it for a 3D effect

## Room Sense

### Sleeping

Teenagers do more sleeping than anything else - it's all to do with hormones (and partying) - so the bed's going to be a focus in their room.

If there's space enough, try to fit in a comfy chair too. Judith says: "Even an old, plain armchair can be jazzed up by

sewing on odd buttons, lengths of ribbon or junk jewellery. Use the same trick for boring curtains."

## Storage

Tidy's a word that rarely figures in a teenager's vocabulary, but you can make it easy by providing storage. Under-bed drawers on wheels, old chests that double as coffee tables and shelves are a must unless you want endless arguments and the risk of broken ankles as you try to navigate a possession-strewn floor.

Gabrielle Fagan

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- **Insulation:** As well as maximum safety this cover offers you maximum thermal insulation, thanks to their triangular form.

- **This means heat which is stored during the day will be retained over night. The thermal balance of the pool therefore stays positive 24 hours a day.**

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- **Autumn:** The season when dirt and leaves slide between the slats in your cover no longer presents any problem with the Covrex cover. Thanks to profiles with flexible seams there are no more gaps between the slats, which prevents any build-up of dirt.

- **Anti Algae benefits:** The profile structures are

made from expanded PVC-foam co-extruded with polyethylene. The profile exterior is high density PVC, which gives a perfectly smooth surface. The surface therefore prevents any build-up of algae formation, both on and under the profile.

- **Improved aesthetics:** This cover is unique in having solid, triangular slats providing both, additional rigidity, and a perfect finish on curves. They have come a long way from the traditional covers cut in stepped shapes.

- **Dimensions:** Thanks to its better design the Covrex cover has a rolled diameter up to 50% smaller than a tra-

ditional cover, giving you additional space in your pool so that you can enjoy it even more.

The cover requires considerably less maintenance than traditional covers. In fact maintenance is made much easier due to the fact that no dirt or algae can stick to your cover

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A child standing on one of the Covrex pool covers.

## Azul Properties' Jean Claude Chaufour, distinctly different



Jean Claude Chaufour has worked with Azul Properties Real Estate since its founding a few months ago.

Prior to that, his career saw him establish acquaintances with some of the UK's most famous faces, from royalty to rock stars.

This was thanks to his appreciation of quality products and attention to detail, something that has also consolidated his success in real estate.

Arriving in Portugal four years ago, before moving to the Algarve Jean Claude lived in the UK for over a decade, 12 years to be exact.

Born in France, he initially trained as an accountant before swapping a career in figures for a hectic life in London to pursue his entrepreneurial dreams.

In 1988 he worked as a marketing consultant for the Roux brothers, owners of the Gavroche (three-Michelin-star restaurant at the time) and other well-respected restaurants. After becoming an acquaintance of Tom Conran, son of Terrence Conran, founder of the 'Habitat' chain as well as some of London's trendiest eateries, the two launched a concept that united Jean's flair for finesse with his partner's business skills and created one of the city's hottest bar/coffee-shop's, complete with a delicatessen range of top qual-

ity products.

The establishment was a huge hit with London's 'in' crowd, but after three years of running the business he opted to go solo, founding his own successful venue in the renowned Holland Park area. His café-pâtisserie offered a range of outstanding and unique products, which during six years attracted many famous customers, such as Bob Geldof and Princess Diana.

Upon moving to Portugal Jean toyed with the idea of opening another eatery venture, though when the opportunity to work in real estate presented itself, he took the opportunity of a new challenge with gusto.

Applying his entrepreneurial approach and past experience to Azul Properties' client-orientated and forward thinking service has seen the partnership flourish.

"At Azul Properties each client is individual and unique" he explains, "We try to keep things simple by keeping simple, providing a cost-effective, no-nonsense business service".



Specialising in central Algarve real estate, Azul Properties is a small company with a growing portfolio, where attention to detail and professionalism are paramount, following the concept of being a 'one-stop-shop' that offers the most efficient way to find the right solutions for their clients property needs and dreams. For more information, contact Jean Claude on: (+351) 961 620 754, e-mail: [jeanclaude@azul-properties.com](mailto:jeanclaude@azul-properties.com), or see website: [www.azul-properties.com](http://www.azul-properties.com).

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## Introducing the Sheraton Pine Cliffs' new Food & Beverage director



Ugur Talayahan was recently appointed Food & Beverage director of one of the Europe's most prominent resorts - the Sheraton Algarve Hotel at Pine Cliffs Resort.

Thirty-three-year-old Turkish-born Ugur brings with him a wealth of experience within his respective department; an extensive knowledge of food & beverage operations that will ensure the Pine Cliffs Resort is at the forefront of the Algarve's culinary and service experience.

"I'm delighted to have become the Director of Food and Beverage and to work alongside an excellent team of highly motivated staff. I'm sure we will develop the resort's food and beverage facilities to become a culinary wonder, as well as continuing to create an experience for all guests that will be second to none".

Prior to joining the Sheraton Pine Cliffs, Ugur spent 2 years as Director of Food & Beverage at the Sheraton Skyline, London, UK. During his time there he developed several new F&B concepts including the famous 'SkyBar', the AA Rosette award-winning 'Al Dente' Restaurant, the prestigious 'Mumbai Nights', and has also coached

and mentored an award-winning team of chefs.

Ugur started as a cook at the age of 15 and his ambitions promoted him quickly through his career.

At the age of 29 he was appointed Executive Chef at the Skyline Hotel in London. He is also an accomplished professional, having represented his country, Turkey, in several gastronomic events around the world.

Ugur is still captain of the Turkish Culinary Team, as well as being part of a panel of judges for several International Culinary Competitions.

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Ugur Talayahan, new Food & Beverage director of the Sheraton Algarve Hotel at Pine Cliffs Resort.

## The art of beautiful nails



Marta Floro is without doubt one of the region's, if not one of the country's, leading nail experts. Combining state-of-the-art techniques with quality products and highly qualified expertise, she has been with the renowned Art of Beauty salon, Almamci, since its founding two years ago, and from then has attained an impressive, dedicated following.

Hands, according to Marta, are one of the most important parts of our bodies. "They are what we use most and what people see first, so it is important that they are always well kept and well presented", she says.

Her proficiency in producing perfect nails has seen Marta gain a steady following of dedicated customers who now wouldn't dream of letting anyone else near their nails.

Using quality acrylics to form the nail, due to acrylics' resistance and durability, and, giving a flawless finish with gel, Marta combines the two products for superior, natural-looking results, a technique that is little-used elsewhere.

Nail art is another of her passions, creating minute works of art on one or all nails. Options for nail art are endless. From tiny diamantes to intricate designs of flowers, swirls, hearts, two-tone colours or inlaid motifs, nail art is a stunningly different form of self-expression, ideal for special occasions, to compliment a particular outfit, or for everyday use.

At Art of Beauty hygiene is fundamental. With gloves and mask a staple part of the uniform,

all treatments are carried out to the utmost sanitary standards, manicures included.

Born in Quarteira, Marta studied privately to become a nail technician, taught by an acclaimed Dutch instructor. She has been passionate about beauty since childhood, and enjoys nothing better than taking a person's hand and turning it into a masterpiece of manicured beauty. Sessions normally last approximately an hour and a half, and are very competitively priced.

Bridal packages and children's parties also catered for. For more information or to book an appointment, contact Marta

on: (+351) 964 876 746, or the Art of Beauty salon on: (+351) 289 355 901.



Marta Floro, nail technician extraordinaire.



Two examples of what beautiful nails can look like.







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# Upward Glance

with Joyce Voelker

## A drop in the Ocean

"Whoever loves money never has money enough, whoever loves wealth is never satisfied with his income..." Ecclesiastes 5:10

The next time you have the opportunity to travel across the ocean or some other large body of water on an airplane, ask for a window seat. As you look down on the vastness of the body of water, imagine how much of a difference you would make if you poured your coffee, water or soft drink into the water below. No flood would result. No significant changes would be seen in the overall proportion of land verses water.

In comparison to eternity, the time we spend on earth is no more significant than that one cup of coffee or glass of liquid. The incredible size of the ocean compared to one beverage is what our life is like compared to eternity. Why then do we invest so much in temporal pursuits? Why do we allow our desire to possess more and more overshadow our desire to live in the light of eternity? The pursuit of wealth becomes a trap.

If we are not careful, we gradually become prisoners on the treadmill of material gain. People around us, our family and friends, begin to expect more and more. We expand our lifestyles, and before we know it, we are worrying about how to take care of what we acquire. Instead of focusing on our relationship with Jesus and His Kingdom we focus on what we own. Finally, though we call ourselves "Christians," our

lives cannot be distinguished from the unbelievers around us. Jesus did not speak against wealth. Instead He cautioned against living a life dependent on anything other than God. He taught His disciples that if they were having their basic needs for food and clothing met, they should be content.

As believers who have known God for many years, we all face the danger of one day waking up and realizing that our hearts have grown cold toward God. Apathy has replaced our original love and devotion to our Savior. We may still be going through the motions of serving Him, but with no power. Christ is no longer Lord of our lives, much less of our money. The greater independence money gives us, the less dependence on God we feel that we need.

Only you can determine if you still have the same hunger for God that you once had or if financial blessing has had an adverse effect on your passion for Jesus Christ. If your heart has grown cold and your focus has shifted to material gain, ask Him to change your heart and to keep you hungering for more of His presence in your life.

More information about how to have a relationship with God can be found at [www.rbc.org/personal\\_relationship\\_with\\_godpage](http://www.rbc.org/personal_relationship_with_godpage) or email [joycevoelker@hotmail.com](mailto:joycevoelker@hotmail.com)

## Lisbon

**IGREJA DO CORPO SANTO, LISBON** Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

**IGREJA DA SRA. DOS NAVEGANTES, CASCAIS** Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.00pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

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**RIVERSIDE INTERNATIONAL CHURCH** Office: Rua São José 178, 1.º dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praça Infante D. Henrique, N.º 80, Quinta do Junheiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring and culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

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**CHAPEL OF ST. PIUS X: PRIORADO S. PIOX**, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Aliente) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

**ST GEORGE'S CHURCH, LISBON** (Church of England), Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Serv-

## WHERE TO WORSHIP

ice 11.30 am every Sunday. Tel. 21 4692303.  
**ST PAUL'S CHURCH, ESTORIL** (Church of England), Av. Bombeiros Voluntários 59 (behind Hotel Santa Estoril), Service 9.30 am every Sunday. Tel. 21 4692303.

**ST. MARY'S, S. PEDRO DO ESTORIL** 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

**ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN)** Rua Amiga, 13, Lisbon: Sun. 11.00. Minister's Tel: 21 468 0853, [www.standrewslisbon.com.sapo.pt](http://www.standrewslisbon.com.sapo.pt)  
**CASCAIS INTERNATIONAL CHRISTIAN CHURCH** Av. de Sintra, N.º 1154, Cascais Tel: 21 486 1856. Sunday English worship 10.30 Portuguese at 17.30

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**IGREJA BAPTISTA de Queijas** (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15/Portuguese 12.00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

## The Algarve

**CHURCH OF ENGLAND SERVICES** St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion, 9.30 every Sunday. Info: Rose Baden-Powell 289328302; St. Luke's, Monte da Palhaqueira, Gorjeões. (Nr. Sta. Barbara) Holy Communion 11.30a.m. every Sunday. Info: Maxine Srivastava 917 267 948; Luz Senora da Luz. Holy Communion: 12.00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

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## WHERE TO WORSHIP

- Family Eucharist, all other Sundays - Holy Communion with Adventurers for Children and Crèche. 10.30am Community Centre, ALMANCEL (ASCA - Associação Social e Cultural de Almancel). For directions (any time) call 282-380311 or see [www.allssaintsalgarve.com](http://www.allssaintsalgarve.com) \*\*PLEASE NOTE NEW TIME AND VENUE\*\*

**CENTRO CRISTÃO FONTE DE VIDA** Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website [www.fontevida.org](http://www.fontevida.org)  
**THE SALVATION ARMY** in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm. Rua 25 de Abril, n.º 19 (next to the Market).

**CATHOLIC MASS** every Sunday partly in English - 11am. at St. Lourenço Church - Almancel - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almancel. Further information, please contact the International Catholic Community of Almancel (Griseida Neto on 966168120 or Vilor on vgn@dompor.com).

**INTERNATIONAL CHRISTIAN FELLOWSHIP** in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 117, R/ C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipra Shopping Centre near the church. Tel 282 461 985

**LIVING HOPE BAPTIST CHURCH** English speaking services every Sunday 5p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: [pastor@bevp.pt](mailto:pastor@bevp.pt)

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**INTERNATIONAL COMMUNITY CHURCH** in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel. 282-086804 or 282-697546.

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**ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO** Largo da Maternidade, Júlio Dinis. Sun. 11am. Details from Chaplain (22) 609 1006. [www.stjamesoportoo.org](http://www.stjamesoportoo.org)

"[Praise to the LORD] O LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done marvelous things, things planned long ago." - Isaiah 25:1



*The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net*

### Yesterday, today, & tomorrow

SIR, As a child I always heard how brave the Portuguese nation was. They sailed in their little Caravelas and conquered the New World. They went everywhere, fought wars, but after that - nothing.

Today, I ask why after so many achievements the Portuguese people stopped being brave. Are they taking a rest? Since 25th April, Portugal has been asleep. Governments come and go, factories close, agriculture is just about zero and gold reserves just about gone. But why bother about that when the Government can borrow from the EU. Once again Portugal has another 45 billion euros coming our way. I am sure(?) they are going to spend it on old age homes, much needed crèches, and education so one day we can have more Portuguese doctors (in fact have more of any profession), better roads, health centres so that people don't die being moved from one town to another for lack of medical facilities.

Most people still live on the borderline, with minimum pay, but just about everybody has credit cards. Traffic fines are the highest in Europe. If offenders cannot pay their fines they are put in jail? Who pays for their keep in jail? The taxpayer? Taxes are going up all the time, if you are a little late paying your taxes for lack of money you get fined and the cost of food goes up all the time. I have been here 14 years and have seen everything go up.

We are being ruled by two bunches of greedy people, our own Government and the EU, they are sucking everybody dry.

We are eating the leftovers of the rest of Europe, and they are eating our best fruits and everything good Portugal still produces. Most of the cheap stuff we buy here is made in China. Maybe if, like the Chinese, the Portuguese did not pay taxes our goods would also be cheaper and good quality.

If Portugal doesn't wake up there will be no tomorrow. The EU is communism on a grand scale. Piece by piece our beautiful land will be sold to Spain. It will end up being another province of Spain. Remember the 60 years of the Phillips, never forget that - or is that what you want for tomorrow?

L. BRAUN, Carvoeiro

### A remedy for long-term health

SIR, Over a period of seven years, every cell in your body dies. These hopefully are replaced with new ones. This does not mean you can get better than the previous cells. The best you can hope for is that the new are nearly as good as the old, or you have made replacements for most of them. If you eat the food that is needed to manufacture new cells, your decline over the years will not be so noticeable.

Let's relate your life-span with the cars you drive. For instance the life of someone who cares very little:

18 Years of age and you should be like a brand new Porsche.  
At age 25 - One-year-old Merc.  
At age 32 - Two year old BMW.  
At age 39 - Three year old VW.  
At age 46 - Four year old Seat.  
At age 53 - Five year old Corsa.  
At age 60 - Six year old Mondeo.

At age 67 - Seven year old Citroen.

At age 74 - Eight year old Fiesta.  
At age 81 - Nine year old Portuguese 50cc vehicle.

The performance becomes less and less as the years go by. And with the age, more chance of hidden problems not seen on the bodywork.

Eating the foods your body-work needs and not what your eyes desire would be like getting a new car every seven years. It may be decreasing in performance, but would be reliable enough to get you from A to B without much problem.

On the TV news this week it was announced that 1.5 million people in the UK are suffering from Dementia (some only in their fifties). The report said it was due to a bad diet and lack of exercise, so don't just live for today, think of tomorrow.

At least you'll remember to-day. They won't.

JOHN ALLEN, Vale de Milho

### I agree with Pat

SIR, I also went to the restaurant that Pat Westheimer wrote about in her article. Just wanted to pass on that the food was excellent. It's always nice to have freshly prepared and organic vegetables available. Also, being able to enjoy a meal without any cigarette smoke is a pleasure. There are so few restaurants that have come into the 21st century and have a smoke free environment.

HEIDI MEY, By e-mail

### We saw a penguin too!

Sir, My husband and I have just returned from a holiday in the Algarve. We were so pleased to see the article in your paper on 17th Feb. 2007 about the sighting of penguins in Lagos. When we were there in October 2006 we first saw what we now know was a penguin. We saw it on 2 occasions and although its appearance

confused us we were certain it was a penguin. Your expert says it's not possible because they cannot fly. We watched our penguin fly through the water frightening all the small fish. It's a shame that an expert wasn't on hand to confirm the penguin but we can't all be wrong. At least the letter from Bob & Jane Scott has helped us convince friends and family that we may be getting on but we are not senile.

BERYL & DAVE FROST, By e-mail

### Gwynne Dyer naïve?

SIR, I would very much like to be able to communicate directly with Gwynne Dyer, who derides the "Blame the Iraqis" attitude (3rd March). Does he think that all would become peaceful in Iraq if the Americans withdrew? Does he believe that the Sunnis and the various Shi-ite factions would stop fighting and killing each other? Is he that naïve?

NORMAN WALKER, Moncarapacho

### Why shouldn't they pay?

SIR, Well the campers are now in Silves, parked by the river in the car park (lovely views) as usual for free, enjoying what all of us pay for. I think they are breeding as each year there are more and more arriving. Can't the GNR move them on?

We have so many official sites for them to stay in, but of course you have to pay, if they can afford a camper van, they can afford the small charge of a site. They just want to use all our facilities and enjoy the Algarve for free.

SONIA BROWN, Silves

### Is sex sinful?

Sir, In answer to Alana Twine's letter (March 3), the sexual act itself is not sinful but was provided by God as a means, not only for giving mutual pleasure and satisfaction, but for the procrea-

tion of children. The Roman Catholic church took the joy out of sex when it ruled that sexual intercourse is to be indulged in solely to induce pregnancy. It was the same church that promulgated the theory of Mary's immaculate conception and lifelong virginity.

None of these tenets of the RC faith are upheld in the Bible. What is taught in the Bible, and we make no excuses for using this as our source, is that sex is not sinful if enjoyed within the context of marriage. It is adultery and fornication that are listed as sins, along with incest, sexual acts between same sexes or with animals.

It is quite clear from a study of the Biblical text that after the birth of Jesus, Mary enjoyed a normal marital life and produced at least seven other children. (See letter entitled No Perpetual Virginity for Mary, 1st July, 2006).

TONY & LOIS HERRINGTON, By e-mail

PS For those who would like to free or wild camp without upsetting the local residents or breaking the law, there is a very useful little book entitled Motorhome Trails, Portugal, compiled by James Gamgee, costing only €7. Incidentally, neither Praia da Rocha car parks nor Alvor beach are on the list. By the way, would such campers be allowed to park on beaches or in car parks in Britain?

### Discussion

SIR, We have all enjoyed the long correspondence in your letters column between Messrs Baugh, Lavery, Ross and the Herringtons. J.R. quotes from books written nearly 2000 years ago, which have provided Western Christendom with a religion and a moral code which we still acknowledge; others refer to more modern interpretations, such as St. Thomas Aquinas.

Recent research in neurophilosophy suggests the presence in the human brain of a "god gene" and that human predisposition to gods and religion is evolutionary determinism and we have an imperative to live which has nothing to do with souls. We are keen that these learned correspondents should join The Athenaeum, our monthly discussion group, for one session to debate a paper which I shall present with the following title: Religion: it's all in the mind. This most important topic should lead to an open and lively discussion, face to face instead of the distance jousting we are accustomed to. What about it, lady and gentlemen? Will you accept my challenge? We meet on the third Thursday of each month, in the Museu do Trajo in São Brás at 4 pm and the date I have in mind is Thursday, May 17th.

LYNNE BOOKER, Dtr. of Friends of the Museum of São Brás de Alportel

### Humour can help

SIR, Each week brings new sermons from Mr. James Ross, which spur others to refute his claims. Newsweek recently had an article about religion in which a contributor said: If you tell someone there's a new yoghurt that can make people invisible, they'll laugh at you and demand proof. Yet generation after generation accepts the story of a virgin birth, etc. without question! The following excerpts come

from celebrated American humourist Dave Barry. Sometimes a bit of humour makes a better case than long-winded blathering:

"The thing about religion is that everybody else's always appears stupid. For example, if you read about some religious sect in India that believes God wants people to drink their own urine, you don't say to yourself, 'Isn't that amazing, the diversity of belief systems?' No, what you say to yourself is, 'These people have the brains of a trout.' Meanwhile, over in India, the sect members are getting a major chuckle over the fact that basketball players cross themselves before they take a foul shot, as if God cares.

It used to be much worse. Back in ancient Greece and Rome, they had gods all over the place. So things are better now. Today most of us believe in just the one God and all He wants us to [believe] is clearly revealed in the Bible ... and the Talmud and the Koran and the Book of Mormon and the works of L. Ron Hubbard. These holy writings tell us what God wants us to do in the form of revealing anecdotes: 'And Bezel sayeth unto Sham: 'Thou shalt goest unto the town of Begorrah, and there shalt thou fetcheth unto thine bosom 35 talents and also shalt thou fetcheth a like number of cubits, provideth that they are nice and fresh.'

The problem is that most of us don't have the vaguest idea what these anecdotes reveal."

The truth is that you can't even line up 10 people to play Chinese whispers without changing a simple phrase, and the expression 'lost in translation' also comes to mind. The mind boggles at how much must have been altered over the years and it is all open to interpretation and cherry-picking to suit each individual.

ANGELA MURRAY, Guia, Albufeira

### Can you believe it?

SIR, I guess the readers have heard about the discovery of Jesus' tomb. In it are the remains not only of Christ, but also Mary Magdalene, their son and about half of the New Testament. Hogwash!

A few years ago we had the bogus discovery of St. James Ossuary. Then, the wacky 'Jesus Seminar' came along. Last year it was the spurious 'Gospel of Judas'. And, lest we forgot, we've had The Da Vinci Code. You know, the idiots book that placed Rome's Tiber River in Paris.

Speaking of The Da Vinci Code, (a book) Michael Baugh says, '... is too near the truth...' (Feb. 24). I've got to ask something: Two weeks ago Mr Baugh said Jesus was ignorant of being God and that I should read 'The Book'. Which book, The Da Vinci Code or the Bible? Certainly not the Bible. Last spring, Baugh claimed to have 50 years experience with scripture. He also attacked its inerrancy. So why would he refer me to a book he scorns? Why does he always quote it? And I'm curious about the vast 'professional experience' he alluded to this week (Mar. 3).

Finally, why would Alana Twine direct a question about religion to someone like Michael Baugh? Is she joking?

JAMES ROSS, Estoril

## Portuguese for Beginners

Emília Rosendo

# 88

THIS LESSON:  
Brief Messages

### ① Read carefully the following messages.

↪ A. O livro que me emprestaste é fabuloso!

Muito obrigada. Acho que o vou reler. (Ana)

↪ B. Olá Andreia! O Jorge passou hoje no exame de condução. Ele está muito feliz.

↪ C. Infelizmente, a Paula reprovou no exame de Filosofia. Eu acho que foi por causa daquela gripe que ela apanhou antes do exame. A pobre rapariga não estudou quase nada.

↪ D. Manuel: Os meus pais chegam amanhã à tarde de viagem. Vou buscá-los ao aeroporto por isso não posso jogar ténis contigo. (Pedro)

↪ E. Olá Rui! Convido-te para a minha festa de aniversário, no próximo sábado, às 7 da noite, em minha casa. É um jantar entre amigos. (Ana)

### ② Choose a), b) or c) which best completes each sentence below.

↪ 1. A Ana ...

a) vai ler o livro uma vez mais.

b) ainda não leu o livro.

c) é a dona do livro.

↪ 2. O Jorge está muito feliz porque ...

a) fez o exame de condução.

b) sabe conduzir.

c) já tem a carta de condução.

↪ 3. A Paula ...

a) esteve doente.

b) não estudou para o exame de Filosofia.

c) não fez o exame de Filosofia.

↪ 4. Amanhã, o Pedro ...

a) não vai buscar os pais ao aeroporto.

b) não vai jogar ténis com o Manuel.

c) não sai de casa.

↪ 5. A festa de aniversário da Ana ...

a) é muito formal.

b) não é em casa.

c) não é à tarde.

↪ 6. A Ana e o Rui são certamente ...

a) colegas de trabalho.

b) amigos.

c) namorados.



## North

### GUIMARÃES

17 MARCH



**Pedro Burmester and Alexei Eremine** in concert for two pianos at Centro Cultural Vila Flor at the Grand Auditorium 22h00 • Tickets at €10 and €7.5 • **Programme** 1st part - **Mozart**: Sonata for two pianos K 448; **Lopes-Graça**: Paris 1927 • 2nd part - **Mozart/Grieg**: Sonata in D Major for two pianos K 545; **Rachmaninov**: Suite No. 2 • Centro Cultural Vila Flor on Av. D. Afonso Henriques, 701 • 253424700 • [www.aoficina.pt](http://www.aoficina.pt)

### PORTO

DAILY



**Casa da Música**: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • [www.casadamusica.com](http://www.casadamusica.com)

DAILY



**Serralves Foundation**: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • [www.serralves.pt](http://www.serralves.pt)

25 MARCH

**Concert included in Coliseu's 'Promenade Concerts' series** • 11h30 • Coliseu do Porto • Ticket prices from 5 to 10 Euros • Music from Johann Sebastian Bach • The Coliseu do Porto is situated on Rua Passos Manuel, 137 • Information or reservations: 707234234 or call the theatre on: 223394940 • [coliseu@coliseudoporto.pt](mailto:coliseu@coliseudoporto.pt)

14-18 MARCH

14 Mar - Musicians of the Nile 22h00 / Sala Suggia / 15  
16 Mar - Matosinhos Jazz Orchestra - Pedro Guedes and Carlos Azevedo (musical direction) / 22h00 / Sala 2 / 10  
17 Mar - Pedro Rodrigues (guitar) / 12h00 / Sala 2 / 5  
17 Mar - ONP - Porto National Orchestra / Michael Zilm (musical direction) / 18h00 / Sala Suggia / Tickets: 15 euros (Adults over 65 have 50% discount)  
18 Mar - Círculo Portuense de Ópera Children Choir / 12h00 / Sala Suggia / 5  
18 Mar - Remix Ensemble / Peter Rundel (musical direction) / Angel Gimeno (violin) / Piet van Bockstal (oboe) / 18h00 / Sala Suggia / 10  
**Casa da Música** / 220120200

## Centre

### CASCAIS

DAILY

**Cascais Cultural Centre** • The Cascais Cultural Centre hosts concerts, shows, exhibitions and many other events • It features shops, a coffee shop and a terrace • Open from 10h00 to 18h00 (Closed on Mondays) • Avenida Rei Humberto II de Itália • Tel: 214848900

DAILY



**Sea Museum - Rei D. Carlos** • R. Júlio Pereira de Mello • 214825400

### ESTORIL

DAILY

**National Coach Museum** • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • Open from 10h00 to 17h30 (Closed Mondays and public holidays) • Praça Afonso de Albuquerque • 213610850

DAILY

**Casino Estoril** • Praça José Teodoro dos Santos • Tel: 214 667 700 • Fax: 214 667 965 • [www.casino-estoril.pt](http://www.casino-estoril.pt)

### LISBOA

DAILY

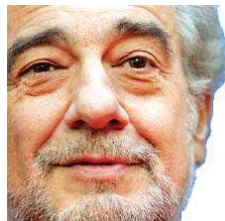
**Belém Cultural Centre** • One of the great cultural centre's in Europe in one of Lisbon's outstanding architectural beauty it hosts exhibitions, performing arts, restaurants, gardens, shops and conference centre • 213612400

UNTIL 29 APRIL



**Exhibition 'Cartier 1899-1949. The journey of a style'** • On show an exceptional assembly of 230 jewels, clocks and objects of the Cartier Collection, as well as some of Calouste Gulbenkian's acquisitions, belonging to the Foundation. On display are also original drawings, some of which are associated with the collector, moldings and diverse documentation • This exhibition is integrated in the commemoration of Calouste Gulbenkian's 50th anniversary • Guided tours from 22nd February every Tuesday and Thursday at 15h00, until the end of the exhibition - the tours are free and do not need booking (For groups: Serviços Educativos) • Temporary Exhibitions Room of Calouste Gulbenkian Foundation • Av. de Berna, 45A • 217823000 • Under-ground: S. Sebastião (blue line) • [www.gulbenkian.pt](http://www.gulbenkian.pt)

21 APRIL



**Plácido Domingo** in concert at Casino Lisboa, Park of Nations • 21h30 • Ticket prices from 37.50 to 295 Euros • Check our schedules and buy your tickets on [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt) • Also tickets at Pavilhão do Atlântico box office, FNAC shops (Almada, Cascais, Chiado, Colombo, Gaia Shopping, Norte Shopping, Stª. Catarina, Algarve, Coimbra and Madeira), ABEP Agency, El Corte Inglés (Lisbon, Gaia) Alvalade Agency, Casa Viola (Colombo, Rua Augusta, Areeiro), ACP (Sede, Amoreiras and CC Colombo) • Age admittance: Over 6 years • Atlântico - Pavilhão Multiúsos de Lisboa, SA • E-mail: [info@pavilhaoatlantico.pt](mailto:info@pavilhaoatlantico.pt) Tel. +351 21 891 84 09

16-18 MARCH

**'Feira de Turismo' Tourist Fair - The Best offers for your holidays** • Promoted by RTA -Algarve Tourist Board • Atlantic Pavilion in Lisbon next to bridge Vasco da Gama • 289800448 • [www.visitlagarve.pt](http://www.visitlagarve.pt)

## South

### ALGARVE

Faro

### ALCALAR

DAILY

**Painting exhibition by David Haines** at Patrícias Restaurant and Gallery • Monte de Cima • 282 471 145

### ALCANTARILHA

DAILY

**Art Gallery at Capela das Artes** • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • [admin@capeladasartes.com](mailto:admin@capeladasartes.com) • [www.capeladasartes.com](http://www.capeladasartes.com)

### ALVOR

DAILY

**Painting exhibition by David Haines** at Magna Carta Bookshop • Quinta da Praia do Alvor • 282496001

### ARMAÇÃO DE PÉRA

MONTHLY



**Monthly Writing Circle by Jenny Grainer** • Hotel Garbe • The Monthly Writing Circle is on the first Thursday of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

### ALMANCIL

UNTIL 29 MARCH



**Collective Exhibition 'Obra Gráfica e Múltiplos' by A.G. Revuelta**, Ripollés (painting above) José Guimarães and A.R.Penck • Centro Cultural S. Lourenço • 289 395 475

### FARO

UNTIL 31 MARCH



**Tomás Colaço** • Tue-Sat: 15h00-19h00 (closed Sun, Mon & holidays • Rua Rasquinho nº 7 • 289802754 • [www.arteadentro.com](http://www.arteadentro.com)

### LAGOA

UNTIL 3 MAY



**Exhibition 'Historical Evolution of Light Weaponry in Portugal'** • Arquivo Municipal de Lagoa (City Hall Archives) • Largo dos Combatentes da Grande Guerra • 282380435 • [cml.arquivomlagoa@vizzavi.pt](mailto:cml.arquivomlagoa@vizzavi.pt)

### SANTANADA SERRA

DAILY



**Horse Riding and Walking at Equi-Serra** • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • [www.equiserra.com](http://www.equiserra.com)

### SÃO B. MESSINES

SATURDAYS & WEDNESDAYS



**Quinta da Bica Saturday Mornings & Wednesday afternoons** • Livery, Lessons, Hacks & Horse Share for all ages and abilities • For more information, please call: 282332746 or 914795301 • [quintadabica@hotmail.com](mailto:quintadabica@hotmail.com)

### SERPA

DAILY



**Museu Arqueológico (Archaeologic Museum)** • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • [www.cm-serpa.pt](http://www.cm-serpa.pt)

### VALE DO LOBO

UNTIL 9 APRIL

**Photography exhibition by the Dutch artist Lisa Kortenhorst** • Art Gallery located in Vale do Lobo Shopping • 289353327 • [galeriadearte@vdl.pt](mailto:galeriadearte@vdl.pt) • [www.valedolobo.com](http://www.valedolobo.com)

### TAVIRA

The Távira Fund Raisers are holding a charity **Cheese & Wine** Evening followed by a quiz on Friday 23rd March at the Casa de Povo, Conceição near Tavira. 7pm for 7.30. 15 euros per person. Tickets from Cynthia 281 324 795, Pat 281 323 493, Judith 281 326 840, Diane 281 962 591 or José 281 958 081. All proceeds will go to the Canil São Francisco de Assis at Loulé, where abandoned or neglected cats and dogs are taken in and cared for.



The archaeological site of **S. Cucufate**, in Vila de Frades (Vidigueira), reopened to the public. The schedules are shown below, but can always be confirmed through the telephone numbers indicated below.

**Summer Times** (1st May to 15th September): Tuesday 15h00 - 18h00; Wednesday to Sunday 09h30 - 13h00 & 15h00 - 18h00.  
**Winter Times** (16th September to 30th April): Tuesday from 14h00 - 17h00, Wednesday to Sunday from 09h00 - 12h30 and from 14h00 - 17h00.

**Entrance fee** to S. Cucufate - €2; Casa do Arco - €2; S. Cucufate & Casa do Arco - €2.50. Children under 14 years the entrance is free. Free for all on Sundays and holidays until 14h00. Tel: 284 441 113 (S. Cucufate) 284 441 612 (Casa do Arco)

For other information, please call 266 769 800 or fax: 266 769 855 or email: [dre.ippar@ippar.pt](mailto:dre.ippar@ippar.pt) [http://www.ippar.pt/monumentos/sito\\_cucufate.html](http://www.ippar.pt/monumentos/sito_cucufate.html)

### JAZZ on a FRIDAY

at The Bon-Bon Restaurant in Carvoeiro (Sesmarias) Cool 'n' Mellow; Stylish 'n' Sophisticated Mellow Jazz featuring 'The Swing Thing' (piano & vocals) every Friday from 8h00 to 23h00. 282 341 496 for reservations





## SPORT

## Odeceixe body board Championship

The fourth edition of the Odeceixe body board Championship to be held from 10pm on Odeceixe beach on March 17th. Special performances from Three and a

Quarter (ska and reggae band); Abandalhados (punk rock); MSK (hip hop) and Punani soundsystem. Call 963 170 493 for more information.

## Downhill Race - São Brás

The first event of the Cup of Portugal in Downhill mountain biking, taking place on

March 10th and 11th at Cerro do Botelho in São Brás de Alportel.

## WALKS

## Let's walk around Salir

Wednesday March 14th - Lets walk in the countryside around Salir

A fairly easy 3 hour circular walk through hamlets and countryside in this unspoilt area of the Algarve. All are very welcome please just come along, there is a small charge of €6 p.p. which includes a donation

to charity.

10.30am start.

Meet outside the main church in the centre of Salir. Salir can be reached either by driving north from Loule or along the EN124 passing Alte towards Barranco do Velho. Walk leader: Silvia Smeman 289 478 845 or 963 737 170

## Let's walk near Odelouca

Saturday March 17 & Monday March 19 - Let's Walk near Odelouca, Silves

A moderately easy 2 hour circular walk through the foot-hills and orange groves, this is open to everyone please just come along. There is a small charge of €4 p.p. which includes a donation to charity.

10.30am start. Leave the A22 at the Portimão / Monchique exit and follow

the signs for Monchique. At the roundabout in Porto do Lagos go right towards Silves and after about 2km you cross over a bridge, about 20m after the bridge there is a distinct old blue house on the right with a road opposite. Turn left, drive up the road and you will see a cafe on the left, meet here. Walk leader: Silvia Smeman 289 478 845 or 963 737 170

## Brother Fish - Bryce Courtenay

Author of The Power Of One and Tandia, Bryce Courtenay is renowned for joining people from the most unlikely backgrounds together, and he does the same in Brother Fish, an inspiring story about friendship, love, and tough beginnings.

A saga in all senses of the word, and often reminiscent of the film Forrest Gump, Brother Fish spans 80 years and four continents. Harmonica-playing Australian, Jacko McKenzie, and larger than life American, Jimmy Oldcorn, meet under difficult circumstances as soldiers in the Korean War.

The unlikely pair manage to maintain and strengthen their friendship when the war is finally over when they attempt to make a living from crayfishing on Queen Island, a fictional piece of land just off the Aus-

tralian coast.

With little known about her ambiguous past in Shanghai, Nicole Lenoir-Jourdan is the strong-willed librarian and newspaper editor who takes them both under her wing, and eventually proves useful for her brains and courage.

It's very easy to fall in love with the dominant trio and their idiosyncrasies, to sympathise with their plight and to rejoice when they overcome life's struggles, even though it may be worlds apart from our own situation today. The story also carries through many of Courtenay's pre-occupations, which are clearly depicted in his other books, such as racism, cruelty, the courage and generosity of the ostracised, and the mechanics of survival. Brother Fish is a hefty read, but once again, Courtenay

## Tomas Colaço

Exhibition by Tomas Colaço at ArtDentro in Faro until March 31st. Open daily from

3pm to 7pm except for Sundays. Visit [www.artdentro.com](http://www.artdentro.com)



## Handmade jewellery



An example of the exquisite work by Werner Tanzer. This is his latest example of the Japanese art of Makume Gane. He demonstrates his art of silver-smithing in the Off the Wall

Galeria in Alte every Thursday. Off the Wall Galeria located on rua da Nova Igreja no 1b, Alte [www.offthewallgaleria.com](http://www.offthewallgaleria.com) Call 289-478027 for more information.

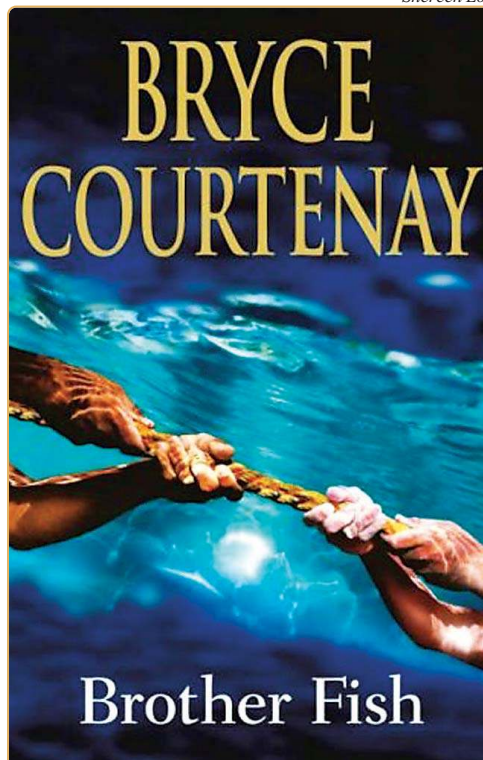
## BOOK REVIEW

has written something so riveting that you soon forget about everybody and everything else

around you.

Published in hardback by Penguin and Michael Joseph.

Shereen Low



## FINE ART

## Jazz Inspirations

Paintings created by artist Xico Fran, inspired by his love of Jazz on exhibition at Espaço Óptica located on Rua Conde

de Redondo in Lisbon. Event open from 9am to 7pm during week days, Saturdays from 9am to 1pm until March 31st.

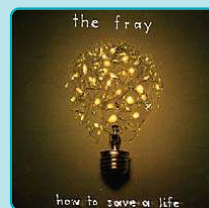


## HIT, MISS OR MAYBE?

## The Fray - How To Save A Life

The Fray's debut album is as middle of the road as the average white line, but there's no denying that the Colorado four-piece have an ear for melody. Both the title track and Vienna are worthy of mention, whilst Hundred, undoubtedly the best song here, is capable of moving the hardest of hearts. If you've seen Hollywood films in which 30-year-old actors play high school kids trying to 'get lucky',

then you've probably heard all this before. That said, The Fray do it better than most.



## Nathan - Do Without My Love



If Nathan hasn't crossed your R&B radar yet, he surely will with his new single. Sounding as charming as Ne-Yo and more upbeat than Lemar, the Londoner reveals an intimate portrayal of his need for love when he sings "Even if I had all that money, I can't do without my love". Sweet but easily forgettable.

## Yoko Ono - Yes, I'm A Witch

Yoko's new album is commercially-friendly. Yoko has asked young, hip musicians like Peaches, Flaming Lips and Antony And The Johnsons to pick songs from her back catalogue and rework them with her. The result - a collection of fresh contemporary-sounding songs, which flatter Yoko's distinctive vocal style - is very good, even better than the originals. Favourites are the Flaming Lips cover of Cambridge

1969 and Hank Shocklee's Witch Shocktronica. A fun album to keep the fans happy.



## The Owl Story English Bookshop

New and pre-read books bought and sold. Book ordering service. Specialist in Nautical books.

Situated within the walls of the old town of Lagos, the perfect spot to come and have a chat and a browse.

Open Monday to Friday, 10:00 - 19:00 Saturday 10:00 - 14:00

Rua Marreiros Neto 67 Lagos

Phone: +351 282 792 289 E-mail: [theowlstory@tiscali.co.uk](mailto:theowlstory@tiscali.co.uk)



Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to [copy@the-news.net](mailto:copy@the-news.net)

## LIVE CONCERTS

## Blasted Mechanism

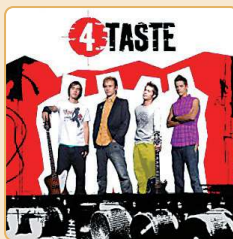
Blasted Mechanism is a Portuguese experimental rock band known for highly theatrical live shows that involve elaborate alien-themed costumes.

The band was founded in 1995 by Karkov and Valdjui, but later grew until its current composition. See them live at Aula Magna in Lisbon from 10pm.



## 4 Taste

This Portuguese band found fame when they became part of the cast of TVI show 'Morangos com Açúcar', just like D'ZRT did. Now, young children and teenagers alike around Portugal can't seem to get enough of them. See them live at Pavilhão Multiusos in Viseu from 10pm. Tickets are €10.



## 4th Serra Gastronomic Festival - Tavira

For the fourth year running Tavira is organising the Serra Gastronomy Festival to be held between 17th March and 6th April.

This is a festival for all food lovers. It is held to stimulate tastes and raise awareness of the goodness homemade products from the countryside can enrich your life. The following restaurants in the Tavira area will be participating in the event: O Constantino (in Montes e Lagares in Sta Catarina da Fonte do Bispo); Monte Velho (in

Umbria in Sta Catarina da Fonte do Bispo); O "Papas" (Santa Margarida in Santiago); Portas de Serra (Estorninhos in Conceição) and Quinta do Marco (Marco in Sta Catarina da Fonte do Bispo). Not only will you be sampling some of the best cuisine in the Algarve, but you will also have the chance to win a weekend for two in Vila Campina in Luz de Tavira or Pequeno Castelo in Santo Estevão.

Call 281 320 500 for more information.



## FAIRS

## DANCE

## Spring Programme by National Dance Company - Lisbon

The Portuguese National Dance Company celebrates its 30th year with their Spring Programme at Teatro Camões with four different choreographies such as:

The Vertiginous Thrill of Extinction of William Forsythe, music by Franz Schubert. Dualidade of Gagik Ismailian, with music by Henry Torgue, Serge Houppin, Wim Mertens and Amália Rodrigues songs.

"Passo Continuo" by Mauro Bigonzetti, music by Antongiulio Galeandro and Johann Sebastian

Bach. This is a ballet full of body movements, relating to nothing in particular, but full of emotions relating to meeting and collision, fusion and separation.

And last but not least, Three Body Movements by Olga Roriz and music by António Emiliano.

The event takes place at Teatro Camões in Lisbon on the following dates: March 8th, 9th, 16th, 17th, 23rd and 24th from 9pm and on March 10th and 18th at 4pm. Tickets: €5 to €25.



## COMING SOON

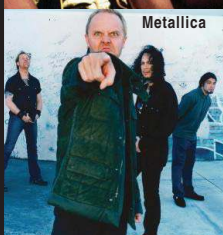
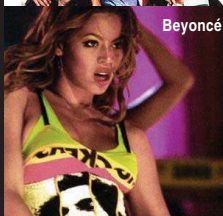
## COMING SOON

## BOX OFFICE

## COMING SOON

## COMING SOON

## LIVE CONCERTS



## MARCH

**Big Band Reunion** – March 20th at Onda Jazz in Lisbon from 10.30pm. Tickets: €5.

**Maurizio Pollini** – March 21st at Fundação Calouste Gulbenkian in Lisbon from 7pm. Tickets: €30 to €45.

**Blind Zero** – March 22nd at Beja Municipal theatre Pax Julia from 9.30pm. Tickets: €5.

**Terrakota** – March 22nd at Santiago Alquimista in Lisbon from 10pm.

**D'Zrt** – March 23rd at Sintra Cultural Centre Olga Cadaval from 10pm.

**Within Temptation** – March 24th at Paradise Garage in Lisbon from 9pm. Tickets: €22.

**Wanda Stuart** – March 24th at Famação casa das Artes from 10pm. Tickets: €7.

**Moonspell** – March 24th at Incrível Almadaense in Almada from 9.30pm.

**APRIL**

**Gouveia Art Rock** – April 21st & 22nd.

Performances: Isildurs Bane & Björn Jónsson; Lindis; Metamorfose Duo; California Guitar Trio; Kotebel (21st) and Robert Fripp & The League of Crafty Guitarists; Magma (22nd). At Teatro Cine in Gouveia. Doors open 3pm. Tickets: €30 to €58.

**Festival Intercéltico** – Praia da Vitória on Ilha Terceira (April 27th and 28th) performances: TBA. Cinema Batalha in Oporto (April 27th, 28th) performances: TBA. Arcos de Aldevez (April 27th, 28th) performances: Mú; Brigada Victor Jara.

**MAY**

**Jazz Festival of São Luiz** – May 11th to 13th at Municipal Theatre of São Luiz in Lisbon. Tickets: €25 to €30.

**JUNE**

**Festival Alive** – June 8th until 10th with performances from: Pearl Jam and Linkin

**Sara Tavares** – March 24th at Santiago Maior Igreja Matriz in Santiago do Cacém.

**Pharoah Sanders Quartet** – March 25th at Casa da Música in Oporto from 10pm. Tickets: €10.

**Sepultura + Molestia + Angriff + Painstruck** – March 25th at Clube de Corríos Gym in Seixal from 5pm.

**Coel Hipnose & The Vicious Five** – March 29th at Santiago Alquimista in Lisbon from 10pm.

**Devil in Me + Ho-Chi-Minh** – March 30th at Santiago Alquimista in Lisbon. Further info TBA.

**Tony Carreira** – March 31st at Pavilhão Rosa Mota in Oporto from 6pm. Tickets: €15.

**Toy** – March 31st at the Coliseu in Lisbon from 9.30pm. Tickets: €5 to €120.

**APRIL**

**Jorge Palma** – April 1st at Salvaterra de Margos.

**APRIL**

**Park (8th); Smashing Pumpkins (9th); Beastie Boys; Da Weasel; Sam The Kid (10th)** at Passeio Marítimo de Algés in Oeiras. Further info TBA.

**Vans Club Tour** – Strike Anywhere & Devil in Me & TBA in Lisbon on June 29th and Algarve on June 30th. Further info TBA.

**Super Bock Super Rock** – Parque do Tejo in Lisbon on June 28th. Performers: Metallica. Tickets: €40 – day pass. €78 – four day pass with free camping. Doors open at 5pm.

**JULY**

**Super Bock Super Rock** – Parque do Tejo in Lisbon from 5pm. Performers: July 3rd – Arcade Fire; Klaxons; The Magic Numbers. July 4th – TBA. July 5th TBA. Tickets: €40 – day pass. €78 – four day pass with free camping.

**AUGUST**

**Sudoeste Festival** – August 2nd until 5th at Herdade da Casa Branca in Zambujeira do Mar everyday from 5pm. Tickets: Special offer of €60 (parking & camping included) until March 31st for four days. Later tickets cost €70. Performances: TBA.

**SEPTEMBER**

**Festa do Avante!** – September 7th until 9th at Quinta da Atalaia in Amora. Further info TBA.

**!!!** – April 4th at Porto Teatro Sá da Bandeira from 9.30pm. Tickets: €20.

**Shakira** – April 4th at Pavilhão Atlântico in Lisbon from 8pm. Tickets: €30 to €42.

**GNR** – April 4th at São Jorge Cineman in Lisbon from 9.30pm. Entrance is free.

**!!!** – April 5th at Coliseu. Tickets: €25 to €180.

**Devil in Me + No Time to Waste + Ho-Chi-Minh** – April 5th at Os Artistas in Faro.

**Linda Martini, Sizo, Mazgani, Norton** – April 6th at Santiago Alquimista. Tickets: €10.

**More Than a Thousand + Easyway + One Hundred Steps** – April 7th at Paradise Garage in Lisbon. Further info TBA.

**Mariza** – April 14th at Parque Municipal de Exposições in Braga 9.30pm. Tickets: €22.50 to €25.

**Drumming** – April 15th at Coliseu in Oporto from 11.30am. Tickets: €10.

**MUSIC FESTIVALS**

**Music of the World** – July 20th until 22nd in Porto Covo. Further info TBA.

**Music of the World** – July 25th until 28th in Sines. Further info TBA.

**Vilar de Mouros** – July 20th until 22nd in Vilar de Mouros. Performances: Brian Wilson (22nd). Further info TBA.

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**APRIL**

**Fonzie** – April 20th at Paradise Garage in Lisbon.

**Plácido Domingo** – April 21st at Pavilhão Atlântico in Lisbon from 9.30pm. Tickets: €37.50 to €295.

**Scissor Sisters** – April 27th at Coliseu in Lisbon from 9pm. Tickets: €25 to €180.

**MAY**

**Mariza Gala** – May 4th at Hotel Algarve Casino at Praia da Rocha, Portimão. Concert and dinner €60. Call 289 310 000 for more information.

**Ute Lemper** – May 5th at Faro Teatro das Figuras. Tickets: €37.50 to €40.

**De-Phazz** – May 10th at Paradise Garage in Lisbon from 10pm. Tickets: €20.

**José Alberto Reis** – May 12th at the Coliseu in Lisbon from 9.30pm. Tickets: €15 to €25.

**The Who** – May 16th at Pavilhão Atlântico in Lisbon. Further info TBA.

**Marillion** – May 17th at Aula Magna in Lisbon from 9.30pm. Tickets: €27 to €37.

**Evan Parker & Herb Robeston & Anafústi Fernandez** – May 17th at Centro cultural de Belém in Lisbon from 10.45pm. Entrance is free.

**Fonzie** – April 20th at Paradise Garage in Lisbon.

**Plácido Domingo** – April 21st at Pavilhão Atlântico in Lisbon from 9.30pm. Tickets: €37.50 to €295.

**Scissor Sisters** – April 27th at Coliseu in Lisbon from 9pm. Tickets: €25 to €180.

**MAY**

**Mariza Gala** – May 4th at Hotel Algarve Casino at Praia da Rocha, Portimão. Concert and dinner €60. Call 289 310 000 for more information.

**Ute Lemper** – May 5th at Faro Teatro das Figuras. Tickets: €37.50 to €40.

**De-Phazz** – May 10th at Paradise Garage in Lisbon from 10pm. Tickets: €20.

**José Alberto Reis** – May 12th at the Coliseu in Lisbon from 9.30pm. Tickets: €15 to €25.

**The Who** – May 16th at Pavilhão Atlântico in Lisbon. Further info TBA.

**Marillion** – May 17th at Aula Magna in Lisbon from 9.30pm. Tickets: €27 to €37.

**Evan Parker & Herb Robeston & Anafústi Fernandez** – May 17th at Centro cultural de Belém in Lisbon from 10.45pm. Entrance is free.

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**Bloc Party & Biffy Clyro** – May 18th at the Coliseu in Lisbon from 9.30pm. Tickets: €25 to €150.

**Julio Iglesias Romantic Tour** – May 18th at Pavilhão Atlântico in Lisbon from 10pm. Tickets: €30 to €100.

**Chemical Brothers, Who Made Who, Spektrum, Jahcoustic, Tiefschwarz, DJ Sander Kleinemberh** – May 19th at Parque da Bela Vista in Lisbon. Further info TBA.

**Beyoncé** – May 24th from 8.30pm. Tickets: €30 to €42.

**Rui Veloso** – May 25th and 26th at Póvoa de Varzim Casino from 11pm. Tickets: €50.

**Dave Mathews Band** – May 27th at Pavilhão Atlântico in Lisbon. Tickets: €30 to €42.

**JUNE**

**Expensive Soul** – June 15th at Vola de Rei from 11pm.

**Il Divo** – June 20th at Pavilhão Atlântico in Lisbon from 9pm. Tickets: €25 to €80.

**JULY**

**Type O Negative** – July 27th at Coliseu in Lisbon.

**APRIL**

**Fonzie** – April 20th at Paradise Garage in Lisbon.

**Plácido Domingo** – April 21st at Pavilhão Atlântico in Lisbon from 9.30pm. Tickets: €37.50 to €295.

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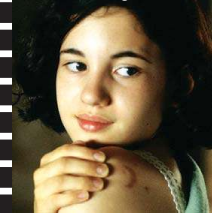
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**TICKETS** Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt); [www.ticketline.pt](http://www.ticketline.pt) | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)





Dreamgirls



Pan's Labyrinth



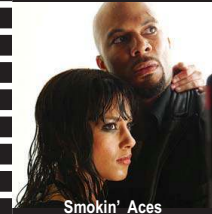
Notes on a Scandal



The Good Shepherd



Venus



Smokin' Aces



The Last King of Scotland



Charlotte's Web



The Pursuit of Happyness



Blood Diamond

## ALGARVE

**SBC**  
**FORUMALGARVE**  
**TEL: 289 887 212**  
**8 MAR-14 MAR**



**1 Pulse**  
Ian Somerhalder, Kristen Bell  
(15.30 except Sat & Sun) 19.20-22.00  
(00.25 Thu-Sun)

**Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)  
(10.30-14.30-16.45 Sat & Sun) (13.30  
except Sat & Sun)

**2 Arthur and the Invisibles**  
Animation PV  
(10.50 Sat & Sun)

**Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil  
(13.15-15.55-18.35-21.30) (00.20 Thu-  
Sun)

**3 Miss Potter**  
Renee Zellweger, Ewan McGregor,  
(12.10 Sat & Sun) 14.25-16.40-18.55-  
21.10

**The Good Shepherd**  
Matt Damon, Angelina Jolie  
(23.25 Thu-Sun)

**4 Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson  
(12.50 Sat & Sun) 15.40-18.30-21.20  
(00.10 Thu-Sun)

**5 Ghost Rider**  
Nicolas Cage, Eva Mendes  
14.00-16.30-19.00-21.40 (00.15 Thu-  
Sun)

**6 Miss Potter**  
Renee Zellweger, Ewan McGregor,  
(00.30 Thu-Sun)

**The Good Shepherd**  
Matt Damon, Angelina Jolie  
14.10-17.35-21.00

**Flushed Away**  
Animation PV  
(11.00 Sat & Sun)

**7 Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio  
(00.00 Thu-Sun)

**Notes on a Scandal**  
Judi Dench, Cate Blanchett  
13.20-15.20-17.25-19.30-21.50

**8 Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio  
18.55

**Happy Feet - Animation PV**  
(11.25 Sat & Sun)

**Smokin' Aces**  
Ryan Reynolds, Jeremy Piven  
13.55-16.25-22.20 (00.50 Thu-Sun)

**9 The Last King of Scotland**  
Forest Whitaker, James McAvoy  
13.40-16.25-22.10

**Scoop**  
Scarlett Johansson, Hugh Jackman  
00.55

**The Pursuit of Happyness**  
Will Smith, Jaden Smith  
19.10

**CASTELLO LOPES CINEMAS**  
**PORTIMÃO**  
**TEL: 707 220 220**  
**8 MAR-14 MAR**



**1 Ghost Rider**  
Nicolas Cage, Eva Mendes  
13.55-16.30-18.55-21.30 (23.55 Fri &  
Sat)

**2 The Good Shepherd**  
Matt Damon, Angelina Jolie  
13.45-17.00-21.10 (00.30 Fri & Sat)

**3 Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)  
13.50-16.30-18.50

**Hannibal Rising**  
Gaspard Ulliel, Gong Li  
(21.20 Fri & Sat)

**The Good Shepherd**  
Matt Damon, Angelina Jolie  
(23.50 Fri & Sat)

**4 Babel**  
Brad Pitt, Cate Blanchett  
13.30-16.10-19.00-21.40

**The Return**  
Sarah Michelle Gellar, Sam Shepard  
(00.25 Fri & Sat)

**5 The Departed**  
Leonardo DiCaprio, Matt Damon  
13.30-16.20-21.30

**Ghost Rider**  
Nicolas Cage, Eva Mendes  
(00.20 Fri & Sat)

**6 Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson  
13.35-16.05-19.05-21.40 (00.25 Fri &  
Sat)

**CASTELLO LOPES CINEMAS**  
**ALGARVESHOPPING**  
**TEL: 707 220 220**  
**8 MAR-14 MAR**



**1 Smokin' Aces**  
Ryan Reynolds, Jeremy Piven  
13.00

**The Pursuit of Happyness**  
Will Smith, Jaden Smith  
15.50-18.20-21.10 (23.50 Fri & Sat)

**2 Ghost Rider**  
Nicolas Cage, Eva Mendes  
13.50-16.15-18.35-21.30 (00.20 Fri &  
Sat)

**3 Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)  
14.00-16.30-19.00

**Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio  
21.25 (00.15 Fri & Sat)

**4 The Good Shepherd**  
Matt Damon, Angelina Jolie  
13.40-17.00-21.00

**Hannibal Rising**  
Gaspard Ulliel, Gong Li  
(00.25 Fri & Sat)

**5 Zoom**  
Tim Allen, Chevy Chase  
13.10

**Letters from Iwo Jima**  
Ken Watanabe, Kazunari Ninomiya  
15.40-18.30-21.20 (00.10 Fri & Sat)

**6 Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson  
13.20-16.20-18.55-21.40 (00.30 Fri &  
Sat)

**7 School for Scoundrels**  
Billy Bob Thornton, Michael Clarke  
Duncan  
13.55-16.25-18.40-21.35 (00.05 Fri &  
Sat)

**8 Pulse**  
Ian Somerhalder, Kristen Bell  
14.10-16.40-19.10-21.50 (00.00 Fri &  
Sat)

**9 Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil  
13.30-16.10-18.45-22.00 (00.35 Fri &  
Sat)

## CENTRE

**LUSOMUNDO**  
**ALMADA FORUM**  
**TEL: 707 246362**  
**8 MAR-14 MAR**

**Ghost Rider**  
Nicolas Cage, Eva Mendes

**Pulse**  
Ian Somerhalder, Kristen Bell

**Brava Dança**  
Musical Documentary

**Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson

**Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil

**Notes on a Scandal**  
Judi Dench, Cate Blanchett

**The Good Shepherd**  
Matt Damon, Angelina Jolie

**Smokin' Aces**  
Ryan Reynolds, Jeremy Piven

**Driving Lessons**  
Rupert Grint, Julie Walters

**Hannibal Rising**  
Gaspard Ulliel, Gong Li

**The Last King of Scotland**  
Forest Whitaker, James McAvoy

**Charlotte's Web**  
Dakota Fanning, Beau Bridges PV

**The Pursuit of Happyness**  
Will Smith, Jaden Smith

**Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio

**The Departed**  
Leonardo DiCaprio, Matt Damon

**Arthur and the Invisibles**  
Animation PV

**MILLENNIUM**  
**ALVALÁXIA**  
**TEL: 21 754 9000**  
**8 MAR-14 MAR**



**1 Pulse**  
Ian Somerhalder, Kristen Bell

**2 Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson

**3 The Good German**  
George Clooney, Cate Blanchett

**4 Ghost Rider**  
Nicolas Cage, Eva Mendes

**5 Miss Potter**  
Renee Zellweger, Ewan McGregor,

**6 Curse of the Golden Flower**  
Chow Yun-Fat, Gong Li

**7 Notes on a Scandal**  
Judi Dench, Cate Blanchett

**Babel** - Brad Pitt, Cate Blanchett

**8 Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil

**9 The Last King of Scotland**  
Forest Whitaker, James McAvoy

**10 Little Children**  
Kate Winslet, Patrick Wilson

**11 The Good Shepherd**  
Matt Damon, Angelina Jolie

**Zoom**  
Tim Allen, Chevy Chase

**12 The Queen** - Helen Mirren, Michael Sheen

**The Return**  
Sarah Michelle Gellar, Sam Shepard

**Charlotte's Web (Sat & Sun)**  
Dakota Fanning, Beau Bridges

**13 Rocky Balboa**  
Sylvester Stallone, Burt Young

**Hannibal Rising**  
Gaspard Ulliel, Gong Li

**The Departed**  
Leonardo DiCaprio, Matt Damon

**14 Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio

**15 The Celestine Prophecy**  
Matthew Settle, Joaquim de Almeida

**Happy Feet - Animation PV**

**16 Letters from Iwo Jima**  
Ken Watanabe, Kazunari Ninomiya

**17 Smokin' Aces**  
Ryan Reynolds, Jeremy Piven

**LUSOMUNDO**  
**AMOREIRAS**  
**TEL: 707 246362**  
**8 MAR-14 MAR**

**Miss Potter**  
Renee Zellweger, Ewan McGregor,

**Curse of the Golden Flower**  
Chow Yun-Fat, Gong Li

**Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson

**Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil

**Notes on a Scandal**  
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Matt Damon, Angelina Jolie

**The Celestine Prophecy**  
Matthew Settle, Joaquim de Almeida

**Happy Feet - Animation PV**

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**CASCAISHOPPING**  
**TEL: 707 246362**  
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Nicolas Cage, Eva Mendes

**Pulse**  
Ian Somerhalder, Kristen Bell

**Brava Dança**  
Musical Documentary

**Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson

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Matt Damon, Angelina Jolie

**Smokin' Aces**  
Ryan Reynolds, Jeremy Piven

**Driving Lessons**  
Rupert Grint, Julie Walters

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Gaspard Ulliel, Gong Li

**The Last King of Scotland**  
Forest Whitaker, James McAvoy

**Charlotte's Web**  
Dakota Fanning, Beau Bridges PV

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Beyoncé Knowles, Jennifer Hudson

**Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil

**The Good Shepherd**  
Matt Damon, Angelina Jolie

**Smokin' Aces**  
Ryan Reynolds, Jeremy Piven

**Charlotte's Web**  
Dakota Fanning, Beau Bridges PV

**Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio

**Arthur and the Invisibles**  
Animation PV

**LUSOMUNDO**  
**COLOMBO**  
**TEL: 707 246362**  
**8 MAR-14 MAR**

**Miss Potter**  
Renee Zellweger, Ewan McGregor,

**Ghost Rider**  
Nicolas Cage, Eva Mendes

**Pulse**  
Ian Somerhalder, Kristen Bell

**Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson

**Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil

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Matt Damon, Angelina Jolie

**Hannibal Rising**  
Gaspard Ulliel, Gong Li

**The Last King of Scotland**  
Forest Whitaker, James McAvoy

**Charlotte's Web**  
Dakota Fanning, Beau Bridges PV

**Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio

**The Departed**  
Leonardo DiCaprio, Matt Damon

**UCICINEMA**  
**ELCORTEINGLES**  
**TEL: 707 23 22 21**  
**8 MAR-14 MAR**



**1 The Queen**  
Helen Mirren, Michael Sheen

**Little Children**  
Kate Winslet, Patrick Wilson

**2 Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)

**Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio

**3 The Last King of Scotland**  
Forest Whitaker, James McAvoy

**Venus**  
Peter O'Toole, Leslie Phillips

**4 The Departed**  
Leonardo DiCaprio, Matt Damon

**5 Curse of the Golden Flower**  
Chow Yun-Fat, Gong Li

**6 Miss Potter**  
Renee Zellweger, Ewan McGregor,

**7 The Pursuit of Happyness**  
Will Smith, Jaden Smith

**Smokin' Aces**  
Ryan Reynolds, Jeremy Piven

**8 Letters from Iwo Jima**  
Ken Watanabe, Kazunari Ninomiya

**9 Ghost Rider**  
Nicolas Cage, Eva Mendes

**10 Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil

**11 Notes on a Scandal**  
Judi Dench, Cate Blanchett

**12 The Good German**  
George Clooney, Cate Blanchett

**13 Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson

**14 The Good Shepherd**  
Matt Damon, Angelina Jolie

**LUSOMUNDO**  
**FORUM MONTIJO**  
**TEL: 707 246362**  
**8 MAR-14 MAR**

**Ghost Rider**  
Nicolas Cage, Eva Mendes

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Matt Damon, Angelina Jolie

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Ryan Reynolds, Jeremy Piven

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Rupert Grint, Julie Walters

**Hannibal Rising**  
Gaspard Ulliel, Gong Li

**The Last King of Scotland**  
Forest Whitaker, James McAvoy

**Charlotte's Web**  
Dakota Fanning, Beau Bridges PV

**Smokin' Aces**  
Ryan Reynolds, Jeremy Piven

**Hannibal Rising**  
Gaspard Ulliel, Gong Li

**Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)

**Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio

**Babel**  
Brad Pitt, Cate Blanchett

**LUSOMUNDO**  
**ODIVELAS PARQUE**  
**TEL: 707 246362**  
**8 MAR-14 MAR**

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Nicolas Cage, Eva Mendes

**Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson

**The Good Shepherd**  
Matt Damon, Angelina Jolie

**Smokin' Aces**  
Ryan Reynolds, Jeremy Piven

**Hannibal Rising**  
Gaspard Ulliel, Gong Li

**Letters from Iwo Jima**  
Ken Watanabe, Kazunari Ninomiya

**The Pursuit of Happyness**  
Will Smith, Jaden Smith

**Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio

**Arthur and the Invisibles**  
Animation PV

**LUSOMUNDO**  
**OEIRAS PARQUE**  
**TEL: 707 246362**  
**8 MAR-14 MAR**

**The Good German**  
George Clooney, Cate Blanchett

**Ghost Rider**  
Nicolas Cage, Eva Mendes

**Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson

**Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil

**Notes on a Scandal**  
Judi Dench, Cate Blanchett

**The Good Shepherd**  
Matt Damon, Angelina Jolie

**Smokin' Aces**  
Ryan Reynolds, Jeremy Piven

**Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio

**Arthur and the Invisibles**



Based on the novel by Joseph Kanon, *The Good German* takes place in the ruins of post-WWII Berlin, where U.S. Army war correspondent Jake Geismar (George Clooney) becomes embroiled with Lena Brandt (Cate Blanchett), a former lover who is trying to escape her past in the aftermath of the war.

Intrigue mounts as Jake tries to uncover the secrets Lena may be hiding in her desperation to get out of Berlin. Tully (Tobey Maguire), a soldier in the American army motor pool assigned to drive Jake around the city, has black market connections that may be Lena's

## The Good German



way out — or lead them all into even darker territory. Jake soon discovers that it is nearly impossible to unearth the truth in a time and place where people are still reeling from the horrors of the war, desperate to salvage their humanity in the shadow of the often unbearable knowledge of what they did to survive.



## GHOST RIDER

From Marvel Comics, creators of *Spider-Man*, *Blade* and *X-Men*, comes a new hero... *Ghost Rider*.

Long ago, superstar motorcycle stunt rider Johnny Blaze (Nicolas Cage) made a deal with the devil to protect the ones he loved most: his father and his childhood sweetheart, Roxanne (Eva Mendes). Now, the devil has come for his due. By day, Johnny is a die-hard stunt rider... but at night, in the presence of evil, he becomes the Ghost Rider, a bounty hunter of rogue demons. Forced to do the devil's bidding, Johnny is determined to confront his fate and use his curse and powers to defend the innocent.

## CHOW YUN FAT GONG LI CURSE OF THE GOLDEN FLOWER A FILM BY ZHANG YIMOU



China, Later Tang Dynasty, 10th Century.

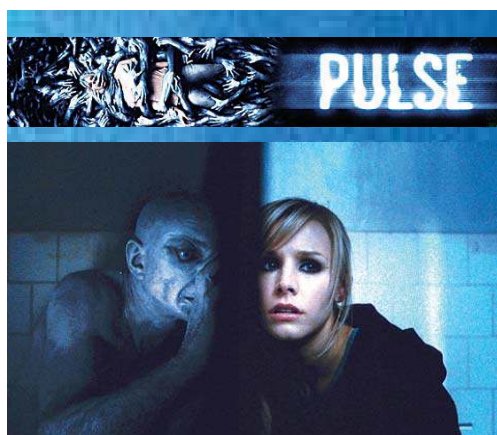
On the eve of the Chong Yang Festival, golden flowers fill the Imperial Palace. The Emperor (Chow Yun Fat) returns unexpectedly with his second son, Prince Jai (Jay Chou). His pretext is to celebrate the holiday with his family, but given the chilled relations between the Emperor and the ailing Empress (Gong Li), this seems disingenuous.

For many years, the Empress and Crown Prince Wan (Liu Ye), her stepson, have had an illicit liaison. Feeling trapped, Prince Wan dreams of escaping the palace with his secret love Chan (Li Man), the Imperial Doctor's daughter.

Meanwhile, Prince Jai, the faithful son, grows worried over the Empress's health and her obsession with golden chrysanthemums. Could she be headed down an ominous path?

The Emperor harbors equally clandestine plans; the Imperial Doctor (Ni Dahong) is the only one privy to his machinations. When the Emperor senses a looming threat, he relocates the doctor's family from the Palace to a remote area. While they are en route, mysterious assassins attack them. Chan and her mother, Jiang Shi (Chen Jin) are forced back to the palace. Their return sets off a tumultuous sequence of dark surprises. Amid the glamour and grandeur of the festival, ugly secrets are revealed. As the Imperial Family continues its elaborate charade in a palatial setting, thousands of golden armored warriors charge the palace. Who is behind this brutal rebellion? Where do Prince Jai's loyalties lie? Between love and desire, is there a final winner?

Against a moonlit night, thousands of chrysanthemum blossoms are trampled as blood spills across the Imperial Palace.



High speed data transfers, super wide-band, wifi, this is the wireless landscape. Huge volumes of information are traveling through the air. As we continue to explore these frequencies, we expose ourselves to realms we didn't even know existed. We only fear what we can touch, hear, see or taste, but there is potentially so much more out there. What if our wireless technologies made a connection to a world beyond our own? What if, when you turn on your cell phone or log on to your email, you exposed yourself to forces beyond your worst fears? What if every connection = infection? Kristen Bell, Christina Milian (*Be Cool*) and Ian Somerhalder (*Lost*) star in *Pulse*, a bone-chilling thriller hitting theaters this week.

RENÉE ZELLWEGER EWAN MCGREGOR & EMILY WATSON

## Miss Potter

CHRIS NOONAN

Thirty years old and single, Beatrix Potter (Renée Zellweger) lives in London with her social-climbing parents, who are exasperated that she has turned down any number of eligible young men. Her only real friends are the animals which since childhood she has lovingly drawn and made up stories about. She finally succeeds in selling a book of the stories, and it becomes Norman Warne (Ewan McGregor)'s first project. He quickly falls in love with both the book and Beatrix and together they carefully arrange publication. This proves the first of many successes, offering her the possibility of escaping from both her parents' way of life and London.



## CELEB NEWS

**Johnny Depp's** seven-year-old daughter Lily-rose is seriously ill in an English hospital, according to British newspaper Daily Mirror. The Pirates Of The Caribbean actor, 43, and his partner Vanessa Paradis, 34, are holding a vigil at the child's bedside after she was struck down by the undisclosed illness nine days ago. The Mirror claims it knows what medical condition Lily-Rose is suffering from, but have decided to withhold it from the press out of respect for the privacy of Depp's family. Depp had been filming Sweeney Todd in London and Buckinghamshire when his daughter was rushed to hospital last week. A hospital source says, "He has not asked for any special favors but just wants the best for his child, like any parent. "It is such a difficult time for him but he is hanging in there for the sake of his daughter and the whole family is just praying that she gets better. They are taking each day as it comes. "It's been an emotional rollercoaster for all of them and he's been worrying himself silly. He's a devoted dad and is spending as much time as he can with Lily." Depp and French model/actress Paradis also have a four-year-old son Jack. **«»» Brad Pitt and Angelina Jolie** have filed paperwork to adopt a boy from Vietnam, according to press reports in the US. The pair have three children, Maddox, five, Zahara, two and Shiloh, nine months. A source in Vietnam tells American publication Us Weekly the couple have filed papers with the US Citizenship and Immigration services to adopt a boy from the Tam Binh orphanage in Ho Chi Minh City, which they visited in November. The pair have long been vocal about their desire to raise more international children. Their son Maddox was born in Cambodia, while daughter Zahara was born in Ethiopia. Jolie said recently, "If we're going to have ten kids, we'd like to raise them while we're young." **«»» Nicole Kidman** is to make a cameo appearance in cosmetic surgery drama *Nip/Tuck*, playing a nose job patient. Show creator Ryan Murphy met the actress when he was recently recruited to direct her in new movie *Need*, and she took the opportunity to beg him for a bit part in the show. Murphy says, "I was talking to Nicole recently and she said, 'I want you to write me a part in Nip/Tuck.' So I think I'm going to write a part where she comes in and she's wearing that Virginia Woolf (in *The Hours*) nose. She's hilarious and I love her." **«»» Actress Angelina Jolie** arrived in Africa, in her role as United Nations Goodwill Ambassador to monitor and raise awareness of the humanitarian crisis in the Darfur region of Sudan. The *Tomb Raider* star touched down in N'Djamena in neighbouring Chad because she cannot travel into Darfur itself, due to the violent conditions there. Jolie is expected to remain in the region for a few days, in her first trip there since 2004. She is due to visit refugee camps near the border of Sudan. The 31-year-old was also elected to join the Council On Foreign Relations, an international think-tank also including US Secretary Of State Condoleezza Rice. **«»» ER** heart-throb **Goran Visnjic** has reportedly quit the hit hospital drama. The Croatian actor, who plays Dr. Luca Kovac, is thought to be leaving the show at the end of the current series. However, TV bosses want Visnjic to star in a further six episodes, to allow them time to write him out of the storyline, which involves his relationship with Dr Abby Lockhart, played by **Maura Tierney**. Visnjic, 34, joined ER in 1999. **«»»**

## NORTH

**UCICINEMAS**  
**ARRÁBIDA SHOPPING**  
TEL: 707 23 22 21  
**8 MAR-14 MAR**



- 1 The Good German**  
George Clooney, Cate Blanchett
- 2 Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio
- 3 The Last King of Scotland**  
Forest Whitaker, James McAvoy
- 4 Pulse**  
Ian Somerhalder, Kristen Bell
- 5 Arthur and the Invisibles**  
Animation PV
- Hannibal Rising**  
Gaspard Ulliel, Gong Li
- 6 Smokin' Aces**  
Ryan Reynolds, Jeremy Piven
- 7 The Queen**  
Helen Mirren, Michael Sheen
- Little Children**  
Kate Winslet, Patrick Wilson
- 8 Relative Strangers**  
Danny DeVito, Kathy Bates
- 9 Notes on a Scandal**  
Judi Dench, Cate Blanchett
- 10 Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil
- 11 Curse of the Golden Flower**  
Chow Yun-Fat, Gong Li
- 12 Miss Potter**  
Renee Zellweger, Ewan McGregor
- 13 Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)
- The Pursuit of Happyness**  
Will Smith, Jaden Smith
- 14 The Departed**  
Leonardo DiCaprio, Matt Damon
- 15 Ghost Rider**  
Nicolas Cage, Eva Mendes
- 16 Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson
- 17 Venus**  
Peter O'Toole, Leslie Phillips
- Half Nelson**  
Ryan Gosling, Shareeka Epps
- 18 Letters from Iwo Jima**  
Ken Watanabe, Kazunari Ninomiya
- 19 Babel**  
Brad Pitt, Cate Blanchett
- 20 The Good Shepherd**  
Matt Damon, Angelina Jolie

**LUSOMUNDO**  
**BRAGA PARQUE**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Ghost Rider**  
Nicolas Cage, Eva Mendes
- Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Happy Feet PV**  
Animation

OV = Original Version  
PV = Portuguese Version

**LUSOMUNDO**  
**DOLCEVITA COIMBRA**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Curse of the Golden Flower**  
Chow Yun-Fat, Gong Li
- Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Black Book**  
Carice Van Houten, Sebastian Koch
- Rocky Balboa**  
Sylvester Stallone, Burt Young
- The Pursuit of Happyness**  
Will Smith, Jaden Smith
- The Wicker Man**  
Nicolas Cage, Ellen Burstyn
- Babel**  
Brad Pitt, Cate Blanchett
- Little Children**  
Kate Winslet, Patrick Wilson
- The Departed**  
Leonardo DiCaprio, Matt Damon
- Arthur and the Invisibles**  
Animation PV

**LUSOMUNDO**  
**DOLCEVITA DOURO**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Ghost Rider**  
Nicolas Cage, Eva Mendes
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Smokin' Aces**  
Ryan Reynolds, Jeremy Piven
- Hannibal Rising**  
Gaspard Ulliel, Gong Li
- Rocky Balboa**  
Sylvester Stallone, Burt Young
- Hollywoodland**  
Adrien Brody, Ben Affleck
- Harsh Times**  
Christina Bale, Freddy Rodriguez
- Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio
- Babel**  
Brad Pitt, Cate Blanchett
- Happy Feet**  
Animation PV

**LUSOMUNDO**  
**DOLCEVITA PORTO**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Miss Potter**  
Renee Zellweger, Ewan McGregor
- Pulse**  
Ian Somerhalder, Kristen Bell
- Brava Dança**  
Musical Documentary
- Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson
- Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Hannibal Rising**  
Gaspard Ulliel, Gong Li
- The Last King of Scotland**  
Forest Whitaker, James McAvoy
- Arthur and the Invisibles**  
Animation PV
- Flushed Away**  
Animation PV

**LUSOMUNDO**  
**FORUMAVEIRO**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Miss Potter**  
Renee Zellweger, Ewan McGregor
- Notes on a Scandal**  
Judi Dench, Cate Blanchett
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)

- The Pursuit of Happyness**  
Will Smith, Jaden Smith
- Scoop**  
Scarlett Johansson, Hugh Jackman
- Babel**  
Brad Pitt, Cate Blanchett
- Little Children**  
Kate Winslet, Patrick Wilson
- The Departed**  
Leonardo DiCaprio, Matt Damon

**LUSOMUNDO**  
**FORUM COIMBRA**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Ghost Rider**  
Nicolas Cage, Eva Mendes
- Smokin' Aces**  
Ryan Reynolds, Jeremy Piven
- Driving Lessons**  
Rupert Grint, Julie Walters
- Hannibal Rising**  
Gaspard Ulliel, Gong Li
- Letters from Iwo Jima**  
Ken Watanabe, Kazunari Ninomiya
- Charlotte's Web**  
Dakota Fanning, Beau Bridges PV & OV
- Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio

**LUSOMUNDO**  
**FORUM VISEU**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Ghost Rider**  
Nicolas Cage, Eva Mendes
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Black Book**  
Carice Van Houten, Sebastian Koch
- Letters from Iwo Jima**  
Ken Watanabe, Kazunari Ninomiya
- Hollywoodland**  
Adrien Brody, Ben Affleck
- The Pursuit of Happyness**  
Will Smith, Jaden Smith
- Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio
- Happy Feet**  
Animation OV & PV

**LUSOMUNDO**  
**FOZ PLAZA**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Ghost Rider**  
Nicolas Cage, Eva Mendes
- Smokin' Aces**  
Ryan Reynolds, Jeremy Piven
- Hannibal Rising**  
Gaspard Ulliel, Gong Li
- Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)
- Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio
- Babel**  
Brad Pitt, Cate Blanchett

**LUSOMUNDO**  
**GAIA SHOPPING**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Ghost Rider**  
Nicolas Cage, Eva Mendes
- Pulse**  
Ian Somerhalder, Kristen Bell
- Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson
- Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Smokin' Aces**  
Ryan Reynolds, Jeremy Piven
- Hannibal Rising**  
Gaspard Ulliel, Gong Li

OV = Original Version  
PV = Portuguese Version

- Rocky Balboa**  
Sylvester Stallone, Burt Young
- Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)
- Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio
- Babel**  
Brad Pitt, Cate Blanchett

**LUSOMUNDO**  
**MAIA SHOPPING**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Ghost Rider**  
Nicolas Cage, Eva Mendes
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Smokin' Aces**  
Ryan Reynolds, Jeremy Piven
- Driving Lessons**  
Rupert Grint, Julie Walters
- Black Book**  
Carice Van Houten, Sebastian Koch
- The Return**  
Sarah Michelle Gellar, Sam Shepard
- Charlotte's Web**  
Dakota Fanning, Beau Bridges PV & OV
- The Wicker Man**  
Nicolas Cage, Ellen Burstyn
- Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio
- Scoop**  
Scarlett Johansson, Hugh Jackman
- Babel**  
Brad Pitt, Cate Blanchett
- The Departed**  
Leonardo DiCaprio, Matt Damon

**LUSOMUNDO**  
**NORTES SHOPPING**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Miss Potter**  
Renee Zellweger, Ewan McGregor
- Ghost Rider**  
Nicolas Cage, Eva Mendes
- Curse of the Golden Flower**  
Chow Yun-Fat, Gong Li
- Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson
- Pan's Labyrinth**  
Ivana Baquero, Ariadna Gil
- Notes on a Scandal**  
Judi Dench, Cate Blanchett
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Smokin' Aces**  
Ryan Reynolds, Jeremy Piven
- The Pursuit of Happyness**  
Will Smith, Jaden Smith
- Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio
- Arthur and the Invisibles**  
Animation PV

**LUSOMUNDO**  
**PARQUENASCENTE**  
TEL: 707 246362  
**8 MAR-14 MAR**

- Ghost Rider**  
Nicolas Cage, Eva Mendes
- Curse of the Golden Flower**  
Chow Yun-Fat, Gong Li
- Dreamgirls**  
Beyoncé Knowles, Jennifer Hudson
- The Good Shepherd**  
Matt Damon, Angelina Jolie
- Smokin' Aces**  
Ryan Reynolds, Jeremy Piven
- Black Book**  
Carice Van Houten, Sebastian Koch
- Hannibal Rising**  
Gaspard Ulliel, Gong Li
- The Return**  
Sarah Michelle Gellar, Sam Shepard
- Letters from Iwo Jima**  
Ken Watanabe, Kazunari Ninomiya
- Charlotte's Web**  
Dakota Fanning, Beau Bridges (PV)
- Blood Diamond**  
Djimon Hounsou, Leonardo DiCaprio
- The Departed**  
Leonardo DiCaprio, Matt Damon
- Relative Strangers**  
Danny DeVito, Kathy Bates



## Announcements

**CLEARANCE SALE** of ladies designer stock, samples and fabrics Monday 10<sup>th</sup> to Friday 16<sup>th</sup> March noon till 20.00hrs not to be missed Vale de Eguas / Almacil 289 391 740.

**FANTASIA - ENGLISH** Pub. Tel.: 969 797 558. Sale of nearly new women's clothing, accessories & costume jewellery - Wed 14<sup>th</sup> March 3-6pm.

**ALGARVE AUCTIONS**, all you need to furnish a home at bargain prices, 1st Saturday of the month at Barracha Tel.: Tina on 919 767 066.

**CASA IS** a well-known local social club of over 300 members who raise money to help many needs in the area. It is open to single/couples, and has a monthly newsletter of events and dinners at local venues for reasonable prices. Also outings are arranged to some interesting places in Portugal or Spain. Find out more by calling Franz on 282 312 819.

### Charity sales

**LAGOS ANIMAL** Protection Society has a charity sale at Burgau Sports Club every 2nd Saturday of the month. All proceeds go towards helping Algarve animals. For further details please call 282 687 334 or 966 047 994 after 6pm.

**ABA CHARITY** shop, Av. do Tennis, No 41D, Albufeira, (the road at the traffic lights, on the dual carriageway, just before the dolphin roundabout). Open Tues to Sat 10.30 am till 2 pm. Donations of bric-a-brac, clothes & books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

**HELP THE** orphans. Visit the bazaar in aid of the children in need. Find us in Estoi, opposite palace gates, Wed-Sat, 10am-5pm. 966 573 272, 289 991 319 or 289 721 938.

Every day 100 people start to lose their sight. Your support helps rebuild lives devastated by sight loss.

The Sunshine Fund for Blind Children (RNIB) need all your **new and used stamps**, which are sold to raise much-needed funds. If you would like to help, post your stamps to:  
**The Portugal News**, Apartado 13, 8401-901, Lagoa. (and we will forward them on)  
**OR**  
RNIB, 20 Bowers Road, Benfleet, Essex, SS7 5PZ, England.

Tel.: +44 01268 565 646 terri@mibstamps.org.uk www.mibstamps.org.uk

### dq directory enquiries in english

Is your home phone listed?

Is your home phone in someone else's name or perhaps in an off-shore company name? Do your friends have problems finding your number? No problem, call DQ on 760 50 60 70 and place your number in our residential directory, free of charge. Fixed line, fax, mobile - you choose. We also offer a restricted access service, also free, which means your number is only made available to people who can correctly answer a confidential question provided by you. dq directory enquiries in your language.



## WHO NEEDS AN OFFICE?

**YOUR VIRTUAL OFFICE**  
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The economic and efficient solution to your office needs. Tailor-made services to suit your requirements. Eight operators, English, German and Portuguese spoken. Mail forwarded daily or as required. Incoming calls can be put through to your mobile phone or overseas offices. Messages forwarded by e-mail or as required.

Call  
**707 500 016**  
For more information



**THE ANIMAL** charity shop behind the pharmacy in Montechoro needs Volunteers to help in the shop & also other volunteers to transport animals to the vet or the abandoned animals home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help would be greatly appreciated. Please call Lesley on 962 414 584 or call into the animal charity shop in Montechoro.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa & Monte Carvoeiro, all proceeds to aid donkeys in distress. If you don't want it, let's sell it. We'll collect larger items. Call Nan Richardson mobile 962 633 811 for details of our work for animal welfare. Please help.

**CAR BOOT** Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areos', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

**SPECIAL OFFER**  
Take an ad this size for 10 weeks and pay only €25 p.w. inc. IVA

## Employment Centre

### Vacancy

**COLÉGIO DA** Fonte, Oeiras needs English teacher for children 3 to 9 years. Call 919 329 292.

**HAIRSTYLISTS AND** Beautician / nail technician required. Self employed. Rent a chair or beauty room in our stylish salon close to Vilamoura. Must be experienced with up to date techniques. Styling, colouring and perms. Must speak English. No financial outlay. Call Tina 914 776 052 email ttginn@hotmail.co.uk

**CHILDCARE:** If you would love to work with children in the Algarve sun, please see employment advert on Pg 13.

**Up for a Challenge?**  
Moveison, the Algarve's leading supplier of outdoor furniture and accessories is getting **BIGGER!**

We are about to open a brand new site in Carvoeiro and are looking for **out-going** and lively sales people to join our team.

Ideally you will speak both Portuguese and English and have relevant retail or sales experience.

Good rates of pay and benefits are available for the right people.

**Think you are ready for a new and exciting challenge?**

Then e-mail your CV to moveison\_carvoeiro@netvisao.pt or call Stephanie on 282 798 101. We look forward to hearing from you soon!

### SALESMEN NEEDED

- English speaking (Portuguese knowledge);
- Completely legal situation in Portugal;
- Previous sales experience;
- Resident in Lagoa/Carvoeiro/Silves area;
- Own car;
- Internet / Computer experience;
- Good knowledge of Lagoa area;
- More than 27 years old;
- CV only to email: fastemail@uk2.net or fax 282 087 457;
- Unique sales commissions plan;

Contact to 963 484 560 only 14:30 to 18:30.

**ANGLO-PORTUGUESE** in Lisbon / Cascais area available for baby sitting, lessons and / or translations either language. Mature, trustworthy, computer literate, own transport, references. Tel.: 917 087 715.

**PART TIME** young lady required to promote a range of English pies / sausage in supermarkets, fairs, exhibitions throughout Algarve. Further details call 969 785 044.

**HOME BASED** Business - Earn between €500 and €1,500 per month, part time as a Wellness Coach - low start up costs. www.quickerearnings.com email me on mike@thompson.gb.net I will send you the information pack free - Tel Mike on 0044 77114 54516.

### Sought

**BRITISH / FRENCH** lady, very experienced with horses, livery, training, show jumping, dressage, exercise, riding lessons, looking for suitable work, in central Algarve, as of April / May. Call Katrina on 919 755 730, or email np88dl@mail.telepac.pt

### PROFESSIONAL MAN SEEKS EMPLOYMENT

Property Manager with ARLA level 1, experienced in all aspects of property management and maintenance, although alternative positions considered.

Please contact Robert on 914 778 219 or 282 415 311 or via email Hearn@Sapo.pt

## Health & Beauty

### Clinics

Riverside International **MEDICAL CENTRE**, Sta Bárbara de Nexe / Faro, Maragota / Moncarapacho, Tavira & V.R. Sto António. 24 hr service. Tel.: 919 657 860 or 289 997 742.

**BOWEN TECHNIQUE** remedial treatment Gillian Ayres BCMA, ALTT Lagos 916 237 805.

**CLINICA OPTIMA** Forma, Bernard V.W. Vrijaldenhoven Osteopathy Spine Clinic, Physiotherapy 289 399 841.

**CLÍNICA DENTÁRIA** (Dental Clinic) Dra. Cristina Fernandes, Rua João Menezes, Nº 8 r/c, 8400 Lagoa. Tel: 282 342 920.

**ARE YOU** hearing well? No? Then go to Audiological Care Centre, specialist for hearing impaired people, Guia, Albufeira, for a free hearing test. Tel: 289 561 158 Mobile 966 211 557.

**INTERNATIONAL DENTAL** Centre. Implantology, cosmetic dentistry, whitening. Albufeira International Clinic. Call 289 588 923.

**ENGLISH DENTAL** Surgeon Dr. Francis Haley. Av. 25 Abril, 184-1°C, Cascais. Tel.: 214 863 012.

**LUZDOC INTERNATIONAL** Medical service 24hr emergency Nº 917 811 988.

### Estetica

**SAHAS - CENTRO** dermocosmética, Albufeira. Facials for her & him. Lash & brow tinting. Brazilian waxing, hair removal and much more. Call 289 588 856 sahas@sapo.pt

**ART OF** Beauty Wellness Centre. Beauty solutions for men and women. Av. 5 de Outubro Nº 84, 8135 Almacil. Email: petra\_evertsz@hotmail.com Tel.: 919 508 252. Open 7 days a week.

### Products

**SULCARE PRODUCTS** making life easier. Bath boards, seats and rails. Ramps, hoists, wheelchairs and TEMPUR orthopaedic mattresses. We sell and install stairlifts and pool hoists. Supply from our Loulé shop throughout the Algarve. Tel.: 289 417 243 or 964 805 111.

### Support Groups

**ALCOHOLICS ANONYMOUS** - Algarve. Do you or anyone you know have a problem with alcohol? If so, there is a solution. **WEEKLY MEETINGS:** Mon: Portimão 7.30pm. Tues: Almacil 1.00pm; Almacil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed: Almacil 7.30pm. Thurs: Pêra 7.30pm; Tavira 7.30pm. Fri: Almacil 1.00pm; Portimão 7.30pm. Sat: Almacil 5.30pm. For assistance in finding a meeting, call 919 005 590 from 10.00 - 7.30pm. For Portuguese speaking AA please call 917 483 478. For GSO Lisbon AA please call 217 162 969.

**ALCOHOLICS ANONYMOUS** English speaking meetings 7pm Sun, The Crypt, Igreja de Santo António, Av. de Marginal, Estoril; & 7pm Tues, St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. (Please confirm Tues meeting - Tel.: 965 059 949).

**ALCOHOLICS ANONYMOUS** New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thursday's. 30 Rua Dr. Parreira, Tavira Phone 916 013 265.

**CANCER DOESN'T** care - but we do! CANCARE is a group of ladies supporting one another through the trauma of cancer and beyond, both our own or others, both past and present, with laughter and tears, with kindness and caring, with experiences and positivity, but most of all with sharing. If you would like to join us or just talk to us, please phone Joan on 289 843 472.

## Entertainment & Leisure

### Art

### PAINTING EXHIBITION

by David Haines

**George Furniture** new showroom, between Ferreiras & Patá de Cima on EN125. Tel.: 966 186 357.

**Patricias Restaurant & Gallery**, Monte de Cima, North of Alcalar. Tel.: 282 471 145.

**Off the Wall Art Gallery** Alte, Tel.: 289 478 027

**Magna Carta Bookshop**, Quinta do Praia, Alvor. Tel.: 282 496 001  
[www.lua-azul.com](http://www.lua-azul.com)

### Friendships

**FRIENDSHIP CLUB** solos all ages - informal meetings - join now. Tel.: 289 413 006.

### Music

**"STRINGS & THINGS"** Musical instruments. Lowest prices, new & second-hand. Trade-ins, repairs, rentals, stringsandthings@hotmail.com 289 356 441.

### ROLAND G-800

Keyboard (Intelligent arranger) 76 keys. €800. Contact Tony after 1 pm. Mobile 914 186 258 or 282 417 622.



**DYNACORD SPEAKERS**  
(4 way system) 360 Watts  
+ Behringer powered  
mixer with effects /  
phantom power etc. 600  
watts / 4 ohms 12 channel.  
€800. Contact Tony after 1  
pm. Mobile 914 186 258 or  
282 417 622.

## Mums & Toddlers

**Explorers & Climbers**  
Mother & toddler group  
meets every Tuesday at  
9.45am - 11.30 am.



Crafts, songs and  
lots of fun ...

Where?  
Lagoa Christian Fellowship  
hall, Vale de Lousas, EN125,  
Alcantarilha.  
Refreshments available.  
Contact Elaine for more  
details on 916 447 407.

## Mums & Tots



Tuesdays  
10.00 am - 12 Noon.  
Meet friends, coffee, fun,  
playing, puppets.  
ICC Church Hall, Lagos.

For further details on location  
of Church and Sunday  
services (with Kidz Klub) &  
other activities and available  
courses at International  
Community Church, see web  
site [www.icc-lagos.org](http://www.icc-lagos.org)  
or call 282 897 546  
or 282 086 804.

## Song & Dance

**HIP HOP** classes at the Cardio  
Club gymnasium in Lagos.  
Phone 282 782 198 or 965  
337 973.

## THE ALGARVEANS

theatre group would like  
to announce that we will  
be performing 'Nobody's  
Perfect' by Simon  
Williams at Lagoa  
Auditorium from 31st May  
to 2nd June. Are you  
interested in acting or  
working backstage for  
this one? Contact Jackie  
on 282 687 410 or  
[jackiemajor@sapo.pt](mailto:jackiemajor@sapo.pt)

## Travel

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costs less than you think ...  
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from a serious airline. bmi is  
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[www.the-news.net](http://www.the-news.net)

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By the age of three, children have laid the foundation for all their future learning, and there's a huge amount parents can do to fulfil their potential. (PHOTO: Press Association)

## Brainy babies

All parents like to think their child is brighter than average, often pushing them to excel from a very young age. But while parents shouldn't try to 'hot house' young children in this way, they are right to encourage their brain power from the very start, according to a new book.

Your *Clever Baby* shows how parents can maximise their child's potential cleverness right from conception - but its author, Dr Carol Cooper, stresses that being clever is not just about doing well in IQ tests.

"It's about emotional intelligence as well" she says. "Babies need to learn social skills and common sense in addition to skills that'll help them in IQ tests."

The book looks at children from birth to the age of three, as by this time youngsters have laid the foundations for all their future learning.

And while there are different ways for parents to maximise their child's potential cleverness at different stages of their early life, Cooper says the two key themes throughout the whole period are encouraging a child to use all its senses, and love and support from its parents.

"Babies need to touch, taste, see and smell as much as they can,

and parents should encourage it."

Clever babies are alert, Cooper says, and interested in the world around them. They want to find out more about the people and animals in their world, and show an interest in communicating. And as they repeat actions, they are learning and developing a rich network of brain cells, due in part to nature, but also to nurture.

"While there are undeniably advantages of having great genes to start with, nurture plays a key role in intellectual development.

"Genes provide the raw material, but you provide the environment that helps to build the structure."

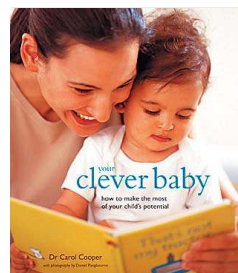
As well as encouraging children to use all their senses, parents can boost cleverness through nourishment, particularly by giving children the recommended five portions of fruit and vegetables a day, plus fish oils.

While Cooper, a family doctor and mother of three boys herself,

understands that parents are incredibly busy, she stresses: "Make the most of the time you have with your child, and think how they can learn just from the ordinary things you're doing.

"So, talk to them while you're doing things, get toddlers to help if they can, and remember that maximising their cleverness can be fun for both of you."

Lisa Salmon



Your *Clever Baby*, by Dr Carol Cooper, is published by Ryland Peters & Small.

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## Dog owning etiquette



We have covered this subject before, but so many people ask us about it that we thought we would recap. I think we all know the old saying 'A DOG IS FOR LIFE NOT JUST FOR CHRISTMAS' it is so true. First, never give a puppy or dog to anyone as a present without checking first. They might have said it would be good to own a dog, but once it arrives it could be another matter.

Owning a dog down here is very different to owning one in the UK, but many of the same issues arise. The Vets fees here are marginally less expensive than the UK, but keeping up with all the treatments our pets have to have probably absorbs that.

There are a few golden rules. Probably the most obvious is training. It is a case of training both dog and owner. We need to know that our dog will come to us, recall is the most necessary lesson. Do not let your dog off a lead if it does not know how to recall. It could cause an accident on a road, it could knock a child over, it could get into a fight and apart from that, as an owner, you would panic and so would the dog. In years gone by I was always told never to let the dog off till it was 18 months old, but the training on that has changed now. I, however, do try and stick to it. It is probably easier if you are walking more than one dog as the pup will follow an older dog and learn from the older one. We have quite a pack at the moment and Merlin will keep with the others.

Training dogs to walk in town is important. At all times keep a poop scoop with you, dogs have a dreadful reputation for unpleasant mess because owners do not think to pick up what they leave. If you take your dog on the beach it is imperative to clear up after them. Just think about all the children and their sandcastles. The Algarve is famous for its beaches and as we know the tourist trade is what keeps the Algarve on its toes. If holiday makers find piles of dog mess on the beaches they will not come back. More importantly it could severely damage a child's sight. We dog lovers must protect the dog image. As far as beaches are concerned there are many that we cannot take our dogs on, fines will be charged if dogs are found on those beaches. However, Portuguese Water Dogs are allowed on ALL beaches as they are considered 'working' dogs. I must remind my two of that!! To see the fun dogs have on the beach it is a shame that dogs are now banned on so many of them.

I always take my pups around town to make sure they are used to the noise of it, going into the bank with the scary doors and generally knowing how to behave around people. Not to jump up, this is a battle royal with my PWDs, who are very keen on it! Dogs need to know how walk quietly beside you and not be 'spooked' by anything. That includes cars, tractors, lorries and other dogs. The only way to do this is to put them in the situation regularly so that they get used to it. Our dogs in Portugal tend to spend less time out walking the street with us and they do tend to loose the streetwise behaviour. Our Chloe was trained in the UK, I spent 10 weeks walking the streets with her as a pup and she was not upset by anything. She moved down here at 5 months old. I have not walked the streets of Algezira with her and she is now nervous if put in that situation, I now have to retrain her at 3 years old.

Cars, we all know not to leave our dogs in the car, we live in a very hot country and our dogs will die very fast if left in a car. A car becomes an oven in seconds.

It is also worth making sure your dog is trained to behave in the house, yours and any other. I have started taking Cleo to Hotels with her showing. She was only 8 months old the first time and I worried about how she would behave, but she was impeccable. They need to know when they can 'run free' and when they have to be on their best behaviour. Next challenge is taking both Cleo and Merlin to a hotel, I am not quite ready for that yet.

Happy training, if you want any details on training please ring us.

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## Grooming thoughts



Anyone that knows me, knows I love furry dogs, I have had them for over 30 years and quite honestly would still choose furry over sleek. It is all a matter of choice. With me it is the 'cuddle' factor, plus the look. I have attached a picture of Lennie in full coat, Lennie used to 'flow' when he ran and he was an absolute joy to watch.



Groomed Lennie.

The Old English and Beardies have coats of at least 16" long, all coats are different. Lennie's was long, silky and flowing, Julie's Maisie Beadie has a much thicker coat. Sandy has the long flowing coat and Chloe has a very thick coat. Interestingly, if you cut these coats they will always grow back thicker and matt much more easily. Lennie never had a haircut until 6 weeks before he died. Maisie, Sandy and Chloe are all kept short, their coats are definitely different now. At the moment Chloe looks twice the dog she is as her coat has grown back so thick.

As you know I now have two Water Dogs, both with the long flowing fur, not the tight curled fur. Cleo is in show coat at the moment so she is half long, half short, Merlin still in complete puppy coat, so all long.

I will not for one moment pretend that these coats are easy, they are not. Not for me and I suspect not for the dog. They are a full time job. Leaving them to their own devices is not an option. I see a small cream bearded type dog in a village near me and the poor dog's coat is just a complete dreadlock of matted coat. I saw it the other day, I just want to pick up the dog and cut

off the coat, it must be so uncomfortable for the poor dog.

So, with mine I spend ages with a metal comb and various brushes trying to keep on top of these coats. The secret really is to do little and often. An hour a day saves spending two intense days which ruin my hands and the dogs' life I suspect. I always have my metal comb with me and they are safe nowhere.

Ideally, if you intend to keep the dog in long coat, they need to be trained as young as possible that combs are part of life. Cleo has mellowed with age, she will now stand or lay on the table for me while I comb through her long coat. This was quite an achievement at 12 months old, as she was a jumping bean before. Merlin has a lot to learn and after ten minutes he wants to be off, but he is still very young. Combing them is actually very relaxing, for us anyway. They tell us that it is good for our blood pressure. I find it is good for 'bonding' with the dogs, they are special when they are with me being combed and seem to see it that way.

With Chloe, she gets her combing session whilst she sits with me in the evening, she is normally on my lap. Yes, she is a 35kgs Old English Sheepdog!

Sandy is usually combed whilst sleeping on her bed. I must admit it is easier when they are on a table but for an 'OES' that is not an option.

Over the years I have always tied the head hair into a topknot. With my first 'OES' my Vet said that by doing that I had saved his sight. Apparently if the hair is left loose all the time they have so many problems trying to see that the sight is damaged. I have to admit that I am now tying Cleo's hair into a topknot, as I show her I cannot cut it and this is the best answer. However, Merlin sees this as a challenge and it is a race to see how fast he can be at removing it.

Living the life we have down here is so different to our life in the UK. If you take a long haired dog out for a walk here it is going to get covered in burrs, snails and grass. Remember the grass seed season is approaching, all our furry dogs need to have their feet trimmed right back to save getting grass seeds travelling into the body. This happened to Moppet, my first 'OES', in the UK and to Chloe, during her first Spring here, the seed came out of her chest 5 months later!

Come April the 'OES' will have to have a short haircut. Since living here we have cut

them back for each summer. We could not leave them in full coat. I was at a big Dog Show in August and there were 'OES' and Beardies, in all that heat, in full coat, poor dogs, but they are show dogs I suppose. Mine are not. Any dog with a thick coat will need to have it thinned out for the summer, they cannot sweat so just get unbelievably hot. They only sweat through panting. There are some very good combs which will strip out the thicker undercoat, it is well worth the few hours it may take for the dog's well being. Obviously, there are professional groomers to help you out as well. When Cleo has been to a professional groomer she has come back looking fantastic, I personally cannot get her to that standard, I do not have the equipment or training. Ideally, through the summer the dogs' coat needs to be stripped out every 6 to 8 weeks so bear that in mind when choosing a long haired dog. I obviously love long haired dogs so much that I do not consider the hours of combing I am letting myself in for.

Happy combing.

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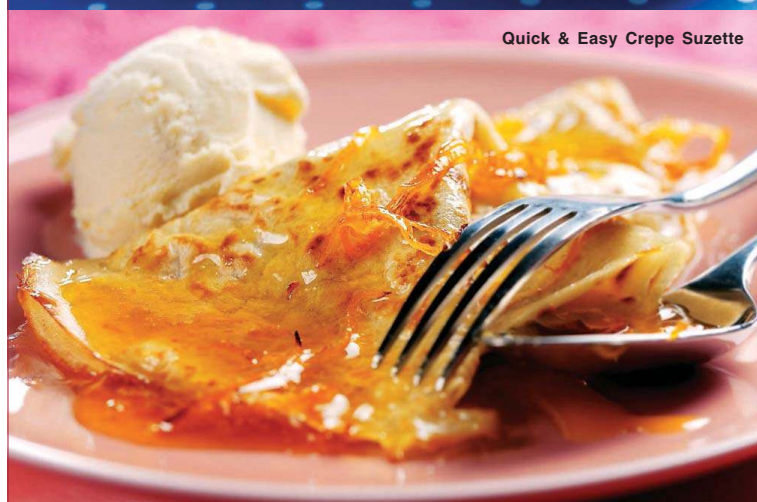
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# Perfect pancakes



Banoffee Pancakes



Quick &amp; Easy Crepe Suzette

French  
Mushroom,  
Ham & Goats  
Cheese Crepe

Don't you just love pancakes - sweet or savoury they're so versatile!

It's amazing that using a frying pan to throw hot batter up in the air - which could end up draped over someone's head or stuck on the ceiling - has survived in our health and safety regulated times. But let's face it: not only is all that messy flipping and tossing fun, the end result is a delicious treat.

Pancakes are popular world wide - German and French pancakes, leavened by eggs and much beating, are baked very thin and served with sweet or savoury fillings.

French crepes are thin and crispy - a crepe suzette is folded or rolled and heated in a sauce of butter, sugar, citrus juice, and liqueur.

Russian blinis, usually prepared with buckwheat, are commonly served with caviar and sour cream or filled with cream cheese or jam.

Canadians serve their smaller, thicker pancakes with their own Maple syrup.

Mexico has tortillas, which are often served folded over a bean or meat filling and topped with tomato sauce.

If you want to create your own tempting version, use the Basic Pancake Batter recipe created by experts at the British Egg Information Service. Then try one of their three great topping suggestions - French Mushroom, Ham and Goats Cheese Crepe, Banoffee Pancakes, and Quick and Easy Crepe Suzette.

Gabrielle Fagan

## Pancake points

:: The pancake, a thin, flat cake made of batter and baked on a griddle or fried in a pan, featured in cookbooks as far back as 1439.

:: Pancake tossing is a serious pastime for some people. Ralf Laue from Leipzig broke the world record by tossing a pancake 416 times in two minutes, and Mike Cuzzacrea ran a marathon while continually tossing a pancake for three hours, two minutes and 27 seconds.

:: The world's biggest pancake was cooked in Rochdale, England in 1994. It was 15 metres in diameter, weighed three tonnes and had around two million calories.

[www.the-news.net](http://www.the-news.net)

## Basic pancake batter

**Ingredients** (makes eight)

75g/3oz plain flour  
Pinch of salt  
2 large eggs  
150ml/1/4pt milk  
A little oil for frying

### To prepare:

Place the flour, salt and eggs in a large bowl with half the milk. Whisk until the mixture is lump-free. Add the remaining milk and whisk again until smooth. If you prefer place all the ingredients together in a food processor and blend until smooth. Pour the batter into a jug. The batter can be made in advance and chilled for up to eight hours before use.

Heat a 20cm/8in diameter non-stick frying pan until hot, drizzle a little oil over the centre and wipe it around with a piece of kitchen paper.

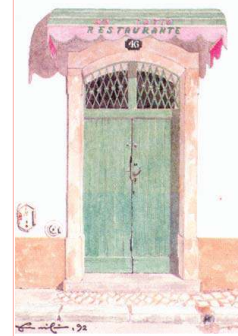
Now pour a little of the batter into the pan and immediately tilt the pan to spread the batter thinly and evenly over the base. Cook for two minutes or until the top is set and the base golden. Turn the

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pancake over with a spatula or if you are feeling brave, flip the pancake!

Cook for a further one to two minutes or until the base is golden. Transfer to a plate and interleave with greaseproof paper, keep warm. Use the batter and a little more oil to make a further seven pancakes in the same way.

Serve simply with lemon and sugar or try them in one of the following recipe ideas.

## French Mushroom, Ham & Goats Cheese Crepe

Fill the pancakes with sliced mushrooms sautéed in oil, a slice of ham, then top with thinly sliced goats cheese. Fold up to enclose the filling then pop under a hot grill until the cheese begins to melt. Serve scattered with flat parsley.

## Banoffee Pancakes

Fill the pancakes with sliced banana and spoon a little ready-made toffee sauce over the bananas. Fold up to enclose the filling. Serve with cream and a drizzle more sauce.

## Quick & Easy Crepe Suzette

In a large frying pan, heat the zest and juice of two oranges with four tablespoons of granulated sugar and gently heat, stirring until the sugar dissolves. Simmer for one to two minutes or until syrupy. Add three tablespoons Grand Marnier then add four pancakes, folded into quarters. Reheat the pancakes in the syrupy orange sauce for one to two minutes, turning them over so they are thoroughly soaked. Serve straight away with ice cream.

If YOUR restaurant is special and you want our readers to know about it, call Bella for all your marketing requirements on 914 393 736.

**V**ila Palmeira at Meia Praia, Lagos is situated just before you reach the Palmares Golf course. This luxury estate needed its own restaurant and last July owners Karin and Vincent opened this select little jewel overlooking the sea. Enjoy lunch in the downstairs Bistro to start followed by Chateaubriand with truffle juice for two, or Cataplana with monk-fish, mussels and potatoes. There are a selection of delicious desserts and cheeses, the house wine is very good and the wine list is superb.

**The Carvery** couldn't be easier to find - by the taxi rank in Alvor, on the first floor. This prime position gives you the best of both worlds, you can look down on the hustle and bustle, watching the world go by, without any of the noise. Their Winter weekly programme offers a traditional English Sunday Roast, served on Sundays and Wednesdays. On Fridays have a good old fashioned Fish & Chips - a generous portion of cod in a crispy batter, real chips & mushy peas. If you are missing home-cooked English food, then this is the restaurant for you.

**Kottomissie Restaurant**, located between Praia da Rocha and Alvor; in Clube do Vau, 100m from the Alto Golf resort, offers a palate of flavours with a unique blend of European cuisine with a South American twist. The restaurant is owned and run by Jan and Eline Welles, with daughter

Debbie. Of Dutch/Surinam background, internationally experienced chef Jan, boasts the inspiration to create an interesting fusion of foods. The restaurant is beautifully decorated with hand painted murals of old Surinam by Russian artist Jura Ziwiija offering a relaxed, intimate atmosphere, ideal for quiet suppers or romantic meals. Many dishes have Indian or Indonesian influences, and all are freshly prepared. Creations like Prawns à la Kottomissie, Beef Tournedos with Teriyaki sauce, Chicken Roti Surinam style or Saté Fillet of Pork. Children have a home-cooked menu of their own. Their wine list includes a range of acclaimed Portuguese wines. Large, private functions are easily catered for thanks to the restaurant's private terrace, which seats some 300, and, with 24 hours notice, any special request can be satisfied (local ingredients permitting).

**No Patio** "The best kept secret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No patio has a simple, but elegant interior, with a secluded terrace and working garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon, and Rosemary and Lemon Butter; Honey Roasted Breast of Duck with a Citrus and Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.

## Goodfood news

Supermodels at London's Fashion Week apparently call it 'Botox in a Bottle' - they've been seen knocking back shots of new Sparky Wild Acai before strutting their stuff on the catwalk. The Brazilian super juice Acai (pronounced a-sigh-ee) is renowned for its antioxidant properties that have powerful anti-ageing properties.

Now Sparky have launched a handbag-size mega shot bottle, containing 20% of Acai, which boasts that it gives a daily boost to promote beauty and brains. The 100ml Sparky Wild Acai shots are available as a four-pack in Tesco, The Sparky one litre range is available in Sainsbury's.



Having difficulty obtaining UK products? Contact 'Let the Magic In'. See their ad. in our Company Finder pages.

**Cosmopolitan** in Lagos is owned by José and Kate. The menu is international, compatible with their wine list, which offers speciality Portuguese and Australian wines. Reservations are recommended as word of mouth travels fast, and you will see why when you dine here. They offer a fantastic combina-

tion of unique gourmet dishes, friendly staff and a rustic, relaxed decor. Cosmopolitan serves a full menu all day. Hearty breakfasts, luscious salads and sandwiches through to exciting and adventurous main dishes - for example Fillets of Wild Boar, Mediterranean Platter and Chicken Filo Pastry Parcels.

## Restaurant guide

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Closed Mondays

Rua Calvario, 69,

Almancil

Tel: 289 395 114 / 967

785 601

#### Shanghai Restaurant

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& 18:00-23.30

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Almancil

Tel: 289 397 642

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www.meulimao.com

### No Patio

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Rua Lançarote de Freitas,

46, Lagos

Tel: 282 763 777

### Cosmopolitan

International menu

Open: 10.30 - Midnight

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### PORTIMÃO

#### Restaurante Kottomissie

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# Re light the fire

Sex doesn't have to dwindle once you have a wedding band on your finger. Esther Perel talks sex, lies and domestic bliss in her new book, *Mating In Captivity*. She reveals how to put the spark back into your sex life.



Years after you've walked down the aisle, that busy honeymoon period can seem like a distant memory. (Photo: Press Association)

In the first throes of passion, a couple's repertoire is all about flirting, seduction and mating like rabbits on Viagra. But years after you've walked down the aisle, that 'busy' honeymoon period can seem like a distant memory.

If your marital bed is more commonly used to devour books, toast and cups of tea, you're not alone.

Married mother-of-two Lowri Turner says: "It's one of those things that none of us likes to admit, but remains depressingly true anyway."

"Sex and marriage not only

don't go together like a horse and carriage, but the sex bit is actually the first casualty of the ceremony itself, crushed under the galloping hooves of expectation and the fast-spinning wheels of family stress and pressure of work."

Married couples may not be prepared to stand up and be counted if they're struggling on the hush-hush subject of sex, but Esther Perel certainly wants to talk about it.

She thinks she knows why sex falters in long-term relationships - and how to remedy it - dedicat-

ing an entire book to the subject, *Mating In Captivity: Sex, Lies And Domestic Bliss*.

## Dwindling Sex Drives

"Today's twosomes are too busy, too stressed, too involved in child rearing and too tired for sex," explains Perel, a couples and family therapist.

"I was seeing many couples that care about each other very much but whose sexual life was dull or non-existent. Even if couples regularly have sex, they often complain about the lack of eroticism. They want the feeling of renewal, playfulness, connec-

tion and vibrancy they used to get."

Watch a romantic comedy, or a steamy episode of a soap and you might feel like you're the only one not getting nookie - even though you have a partner sleeping right beside you in bed every night.

The average Brit has sex 118 times a year - or a little over three times a week, according to the latest Durex report. But that may seem a pretty generous tally for some long-term couples.

Perel says: "Biologically speaking, sex can wane after two years when the hormones of attachment take over. It's not an issue of time, though. We want stability, security and safety in marriage but we now also want a best friend, a confidante and a passionate lover. That dynamic often stands in the way of sustaining desire."

## I Have A Headache...

Does sex come along as often as Christmas, birthdays and anniversaries in your marriage? About Marriage identifies the signs of a low-sex marriage:

- You only have sex one or two times a month
- Sex has become a chore
- You only have sex when it's been previously scheduled
- You don't feel intimate after making love
- Sexual fantasies about your spouse are non-existent
- It seems you are the only one who wants to have sex - your spouse displays no interest at all
- There's no sense of adventure or spontaneity in your love-making
- Neither of you are very frisky in the bedroom any more

## Re-think Your Relationship

We don't stop being sexual creatures the moment we settle with one person. But we can expect too much from our other half, Perel suggests.

"The man you choose to marry will often be the person you can have a stable family life with - it's not necessarily the person with whom you've had the greatest sexual adventure."

"Rethink some of the expectations you bring to the relationship. Understand it isn't always the lack of closeness that stifles desire but too much closeness."

"If we turn to one person to give us what an entire village normally should provide then we don't leave enough room in that same relationship for the novel, exciting, unknown and mysterious to exist."

The parent trap can also be partly to blame if sex goes completely off the boil. Dirty nappies and sleepless nights are never going to be life's great aphrodisiacs.

"The erotic is transferred onto the child," Perel explains. "Who gets the long languorous hugs, the playfulness, the fun, the teasing,

the multiple kisses? The child! It's often easier to say, 'I'm so exhausted, I'm too tired for sex', when what you actually mean is, 'I have a connection with my child and I'm getting everything from him or her instead.'"

## Maintaining Saucy Shenanigans

Saying 'til death do us part' needn't mean 'no sex please, we're married!' Perel has these tips to put the spark back into your sex life:

· Break the routine. Lure yourself out of the state of complacency. Don't wait until 11.30pm end-of-day sex. Occasionally meet for lunch, for example, when you're vibrant and awake.

· Committed sex is premeditated - it isn't just going to happen, you make it happen. Thinking about it is not just saying, 'let's have sex tomorrow night', that's not foreplay. Don't let it go from nothing to sex. That's where seduction, teasing, playfulness and flirting comes in.

· Allow your individuality to flourish. Pursue things for yourself that you haven't done in a long time. Similarity isn't neces-

sarily what turns us on. Wanting is often about having a certain amount of space - it's harder to want when it's right there.

· Bring in your imagination - something that you share with your partner or your own inner fantasy life. The richness of our erotic life often takes place within the privacy of our own minds.

· Look at your partner from a distance. Couples often describe the moments they are drawn to their partner as when they were doing something they were really good at: performing on stage or giving a talk at work, for example. It shifts perception and makes them see this separate person who is still somewhat mysterious to them.

· Try and get away together every few weeks for one night. It will reinforce your connection to your lover, sensually and physically.

*Mating In Captivity: Sex Lies And Domestic Bliss*, by Esther Perel, is published by Hodder & Stoughton. Available now.

Lisa Haynes

## Celebrities discover how to loose weight and keep firm!



Cláudia Semedo and Cláudia Borges check out their BMI mass.

Pharma Nord hosted an event last Saturday in Lisbon's Pestana Palace inviting several celebrities that care about their image and well being.

The afternoon was full of enthusiasm and TV presenters such as Cláudia Semedo, Liliana Campos and Cláudia Borges were very intrigued with their

BMI Body Mass Index results and curious to hear about Pharma Nord's weight management product, BioActivo CLA Xtra, sold in pharmacies. Cláudia Semedo has been taking the product for the last few months and adds "I feel I have lost volume and my waist feels firmer."



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design you have commissioned to the project that it has been commissioned for. If another agreement for use of work is required it will be made in writing and very possibly have a different value attributed to it in order to use the work under the terms of the new agreement.

Put yourself and your company in 'the know' by fully understanding and appreciating design rights at the outset.

*Suzi Steinhofel, Creative Director - Atelier do Sul Design Consultants*

## Smoking, from p.1.

The Portuguese government has unveiled strict new laws to clamp down on smoking in public places.

The new legislation, was revealed by the Minister of Health, Correia de Campos, who indicated that the government will no longer show leniency to concerns expressed by the restaurant industry, saying the health of the nation is paramount.

According to the *Lusa News Agency*, the minister told a conference that the Socialist cabinet had approved a new anti-smoking legislative package which would be sent to parliament for approval.

The bill, Correia de Campos said, would ban smoking in bars, restaurants and night clubs smaller than 100 square metres and in work places, public offices, health institutions and schools.

Larger restaurants would be allowed smoking areas, no larger

than 30 percent of their area, and work places with adequate ventilation could also have exemption, he said.

According to latest figures, 91 percent of all restaurants and bars in Portugal are smaller than 100 square metres in size.

The crackdown also targets the sale of cigarettes to minors, raising the minimum age to 18 from 16, coupled with tightening sale controls.

Public establishments will be given one year to apply the new legislation, once it is approved by parliament, which is expected to occur sometime this spring.

The government's action, Correia de Campos said, had two objectives: the protection of non-smokers, estimated at 70 percent of the Portuguese population, and the defence of the "most vulnerable" sectors, children and teenagers.

The health minister, when questioned over who would be

controlling venues that breach the new laws, responded: "All of us. There will definitely be fines, but the sanctions will be social."

In other words, citizens will have the responsibility of denouncing offenders".

Tobacco vending machines can be placed in all public areas for a period of four years, after which they will only be permitted at public places whose entrance is limited to people aged 18 and over.

Smoking in state buildings, such as hospitals and schools is completely banned, including in the open air in the grounds, though universities have been given a slight exemption in terms of this new specific law, allowing 'stressed' students to alleviate their addiction in the university's outside areas.

In all other government property, smokers will be required to vacate the grounds in order to light up, the new law decree proposal adds.



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## Tavira Treasure

What do you think of when you hear the word 'treasure'? To a child treasure can mean gold coins, rings and precious stones, hidden in an old sea chest and found with the aid of a mysterious map. Amongst older people opinions differ, but will all contain the idea of something of great value.

And that is the difficulty – everyone has their own idea of what constitutes a 'valuable' item. To the lonely person a friend is treasure indeed. To the man who has everything you may need to buy the Koh-I-Noor diamond to really impress him. For the Christian the most important treasure is not to be found on this earth at all.

But there are two groups of people who find 'treasure' in very small and insignificant items – the young and those elderly people who are ending their days

struggling to make ends meet. To give treasure to such people is both easy and rewarding.

Last year for the first time the Tavira Christian Centre took part in the Shoebox Appeal to provide shoeboxes full of small gifts for young people at Christmas. This year they are extending the idea. Whilst still intending to donate to this very worthy cause, which sends to children in other lands, they are also looking to provide for the poorer and most vulnerable members of our community, here in Tavira and throughout the Algarve.

The idea is to donate small, new or good-as-new items suitable for a child and/or an elderly person. E.g. pens, crayons, toiletries, toys, gloves, scarfs. Large Treasure Chests have been placed in the Tavira Christian Centre for the depositing of such things, then later, towards the end

of the year, they will be sorted and packed into shoeboxes for distribution as Christmas presents in old people's homes, orphanages etc. No apologies for starting ridiculously early for Christmas. It's much kinder on the pocket to provide these small things now, rather than at a time when our finances are already stretched.

Please bring any suitable items to one of the collection centres – A Lura Dos Livros (The well-known Tavira Bookshop), Rua Poeta Emiliano da Costa, 16. Hours: Monday to Fridays 10.00h – 13.00h and 15.00h – 19.00h, Saturdays 10.00h – 13.00h, or Tavira Christian Centre, 126, Rua Almirante Candido Reis, Sunday mornings. Or phone Jackie on 281322857 for more information or if you are willing to be a collection centre. Other collection centres will be added later.

# WEB

**Web (INTERNET) noun [S]**

the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:

(From Cambridge Advanced Learner's Dictionary)

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**Friday evening 16 March, 8pm.**

An Overview of the Festivals of Israel.

**Saturday Morning 17 March, 10:30am.**

The Theme of Covenant through the Scriptures and A Look through the Gospels with Jewish eyes.

**Saturday Afternoon, 1.15pm.**

The Apostolic Church - the Pattern for World Mission and The Apostolic Church - the Pattern for the Body of Messiah.

**On Sunday morning 18 March, 10.30am**

Rev. John Fieldsend will preach during the church service in Vale Judeu.

The International Evangelical Church of the Algarve in Vale Judeu  
(on the EN125 near Vilamoura)

For further information, please contact Pastor Peter Sluimer on 289 328635.





# Gorgeous Goa

Hurting along in our clapped out 4x4 vehicle in the oppressive heat of the mid-morning sun, we swerve suddenly to avoid yet another wandering cow. In Goa, India's smallest state, there are no road markings, few traffic lights, and seemingly no right of way. The same rules, it seems, apply to the hordes of stray animals that appear only too happy to take a midday nap in the middle of the road.

A single bead of sweat clings to my forehead and I am trying hard to not think about the delicious rogan josh that I devoured the night before. It seems like we have been travelling for days - in fact, checking my watch I realise it has only been two hours - but Goa's bumpy roads make even the shortest of journeys a bit of an ordeal.

"Almost there," our chirpy driver Sam chuckles, before turn-

ing onto a stony dirt track. "No one knows about this beach, they want to keep it private, so remember - this is our little secret!"

As we emerge from the overgrown track, I realise the car journey was worth every minute. Before us stretch miles of golden sand as far as we can see. Palm trees reach up for the sky and the only noise we can hear is the sound of the Arabian Sea as it crashes rhythmically against the

beach.

An overnight stay at the private Cola Beach in Goa's far south is just one of the many optional excursions that independent holiday operator Jewel in the Crown offers to its guests.

We stayed in one of just twelve self-contained, luxurious Rajasthani tents that even have private en-suite bathrooms attached.

Most of our days were spent just lapping up the sun, swimming in the sea, eating delicious home-cooked food and aiming for complete relaxation. It wasn't hard - it was the perfect respite after leaving the UK's dark and wintry days behind.

The best time to visit India's smallest state is between the end of October and the end of April, after which it becomes very humid and the monsoon rages. There is virtually no rain at all during the winter months and temperatures hit around 30C every day.

In the morning, we knew our stay was complete when we saw the distant shapes of dolphins dipping in and out of the surf past our beachside hut, and a small



sea otter poking its head out of the waves in our direction.

Relaxing on beautiful beaches has always been Goa's main attraction - and given that the state boasts 100 kilometres of coast, there are plenty of deserted locations from Morjim and Aswem in the north to Vagator in the south.

For a busier sunbathing experience, head north to the bustling centres of Baga and Calangute where you can bag yourself a bargain in one of many beachside shacks selling an array of jewellery, clothing and woodwork.

Just remember - be prepared to barter. Sidney, our wonderful

rep, summed it up in a sentence: "I want you to walk away and be ashamed at how cheap you are!"

In fact, it is very hard to spend money here - you can satisfy your taste buds with a three-course meal for as little as £5/€7.35, a large beer costs around 80p and you can even bag a made-to-measure silk shirt for £10/€14.70. Getting around is also cheap and easy with shorter taxi journeys costing as little as 50p.

Hippies first stumbled on this piece of paradise back in the 60s. It was a colony of Portugal until 1961 and since then more and

more backpackers, couples and families have been attracted to its laidback vibe, multicultural atmosphere and welcoming locals.

We were staying in the livelier north at the two-star Senhor Angelo Resort in Calangute. Although the rooms were fairly basic by European standards, what the decor lacked the hotel staff more than made up for with their charm and desire to help.

With Elton John's Greatest Hits on replay, there was always a friendly face at the poolside bar ready to offer us a bite to eat or a drink to enjoy as the sun set.





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served on banana leaves.

This trip is easy to combine with a visit to Dudhsagar waterfalls, which are two hours inland. The waterfalls - literally translated as the ocean of milk - are the second highest in India and plummet from 610 metres above sea level.

They are spectacular enough to entice a steady stream of visitors from the coast into the rugged Western Ghats where some tourists are brave enough to bathe in the refreshing water.

The waterfall itself is accessed via a short trek through the Bhagwan Mahaveer

For foodies everywhere dining in Goa is an absolute delight combining a range of Indian, tandoori and seafood dishes.

Our first evening meal took us to the alfresco After Seven restaurant located between Calangute and Candolim where a three-course meal including their house special - chargrilled steak cooked to perfection - washed down with mango cocktails, cost about £107€14.70 a head.

The curries were full of distinctive flavours - spicy but not too hot and never too heavy like English versions. Plantain Leaf

in Calangute's bustling centre is definitely worth a visit - the vegetarian restaurant was packed with Indian visitors, which is always a good sign, and the menu was enormous.

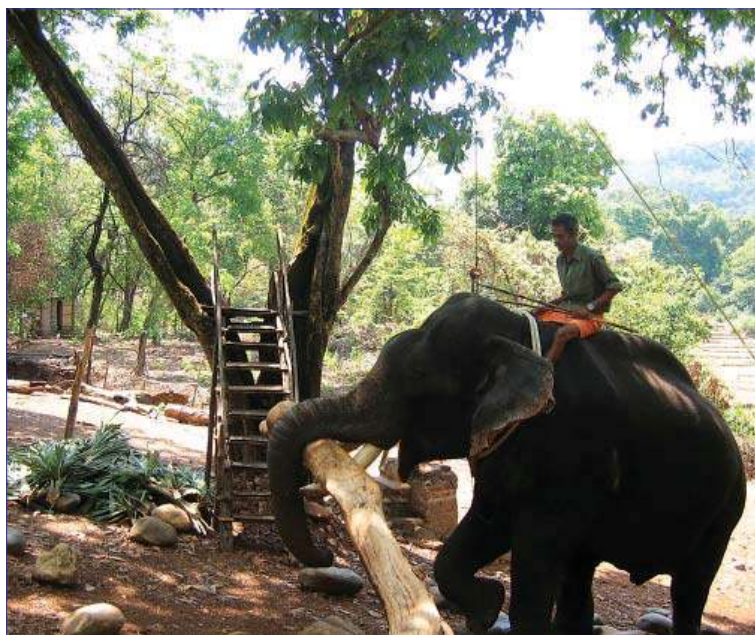
A visit to India wouldn't be complete without a visit to a spice plantation. We went to the 200-year-old Savoi Spice Plantation in Ponda, which displayed a huge array of spices.

As we walked around, attempting to dodge the enormous spiders, our guide made us identify the correct spices. Later, we had the chance to taste them, as we enjoyed a fantastic lunch

Sanctuary. En route hordes of monkeys prise bananas and nuts from the hands of unsuspecting guests - one even opened my fingers one by one hoping for a tasty treat.

If animals are your passion, then a trip to Goa isn't complete without an elephant ride. We spent two days in Shanti, a tiny hamlet located within the Bhagwan Mahavir Wildlife Sanctuary, surrounded by natural beauty.

On the first day we were lucky enough to ride a very friendly elephant into a river where we sat on her back as she sprayed us



Pictured above: An elephant at work, left: The spectacular Dudhsagar waterfalls. Opposite page - top: Deserted Cola Beach, Goa; middle: Sé of Santa Catarina, the largest church on Goa; and bottom: The remote Aswem beach, Goa. (Photos: Press Association)

with cool water. Her reward? Bunches of tasty bananas bought from a local Goan market, followed by a coconut scrub of her leathery skin as she relaxed in the cooling waters.

We stayed again in a self-contained hut that was far more sophisticated than I had imagined, with an adjoining open-air bathroom and twin beds. All in all, it was comfortable - as long as you don't mind sharing your space with the odd creepy crawl.

Waking in the early morning we had a wander around the jungle before breakfast. It was the perfect way to start the day.

Away from the towns and villages, Goa has some stunning scenery and much of it is still untouched by mass tourism. As we watched the sun rise up over the hills I knew I'd definitely be back.

#### TRAVEL FACTS

Georgina Rodgers went to Goa as a guest of Jewel in the

Crown Holidays, which offers a special price for 14 nights' B&B at Senhor Angelo Resort in Calangute for £399/€585 plus £50/€73 fuel supplement on selected dates between February

22 and April 14.

Jewel in the Crown reservations tel: 00 44 (0)870 067 2352 or go online to: [www.jewelholidays.com](http://www.jewelholidays.com)

Georgina Rodgers

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Sporting's Tonel (c) tackles Uniao Leiria's goalkeeper Fernando (L) and Marcos António for the ball during their first league soccer match at Leiria's Magalhães Pessoa Stadium on Sunday. (Photo: Lusa / Paulo Cunha)

## FC Porto, Benfica move clear of Sporting



With five draws in their last six matches, Sporting have seen their title dwindle to such an extent that they will now need a minor miracle to catch up with league leaders FC Porto.

While 13 games still remain in the Portuguese Super Liga, FC Porto are increasingly firm favourites to defend their title as league champions.

The Oporto club are five points ahead of second-placed Benfica and nine clear of Sporting.

After a few hiccups after the winter break, FC Porto have been unbeatable, though Benfica have been emulating them week-in-

week-out since the beginning of the year.

Last weekend was no different, as Benfica beat Desportivo Aves by exactly the same score as FC Porto had won against Sporting Braga, 1-0.

Sporting on the other hand were grateful in the end when they came back from Leiria with a point, as the Lisbon club had played almost an hour with ten men after the sending off of goal-

machine Liedson for violent conduct.

Sporting will be looking to return to winning ways this Saturday when they host Estrela Amadora, while FC Porto will travel to Madeira the following day to face Marítimo.

Due to Benfica's UEFA Cup commitment, they will only be playing next Monday, with União Leiria their opponents in Lisbon.

## Mourinho orchestrates FC Porto's demise



José Mourinho was in jubilant mood this week after he had seen his team struggle past the club that launched him to the astronomical success he has had both managerially and financially.

While it is now an entrenched tradition that Portugal as a whole joins behind teams playing in Europe, momentarily forgetting

their allegiances with clubs here, Portuguese enjoyed a sense of victory as Mourinho punched the air in delight on Tuesday evening from the dug-out at Stamford Bridge.

Mourinho has been outspoken in recent weeks over his future as Chelsea manager, and television cameras constantly focussed on Chelsea owner Roman Abramovich, especially once FC Porto had scored in London after only 15 minutes of play.

The goal by Ricardo Quaresma would ensure Chelsea lose once more in the last 16 of Europe's most lucrative competition and probably spell the end

for two-time Premiership champion José Mourinho.

But a fumble at the start of the second-half from an Ariel Robben shot by Brazilian international goalkeeper Helton gifted Chelsea the chance to come back into the match.

The game was won 11 minutes from time when under fire German midfielder Michel Ballack scored from close range and gave Chelsea a 3-2 aggregate win over the Portuguese champions, who showed that perhaps on another night or against another team, they deserved to be playing in the quarter-finals of the Champions League.

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MATCH	DATE	TIME	TV
Naval-Boavista	Friday	20h30	SportTV1
Belenenses-Nacional	Saturday	19h15	SportTV1
Sporting-Amadora	Saturday	21h15	SportTV1
Setúbal-Aves	Sunday	16h00	
Académica-P.Ferreira	Sunday	16h00	
Braga-Beira-Mar	Sunday	19h00	
Marítimo-FC Porto	Sunday	19h15	TVI
Benfica-Leiria	Monday	19h45	SportTV1



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